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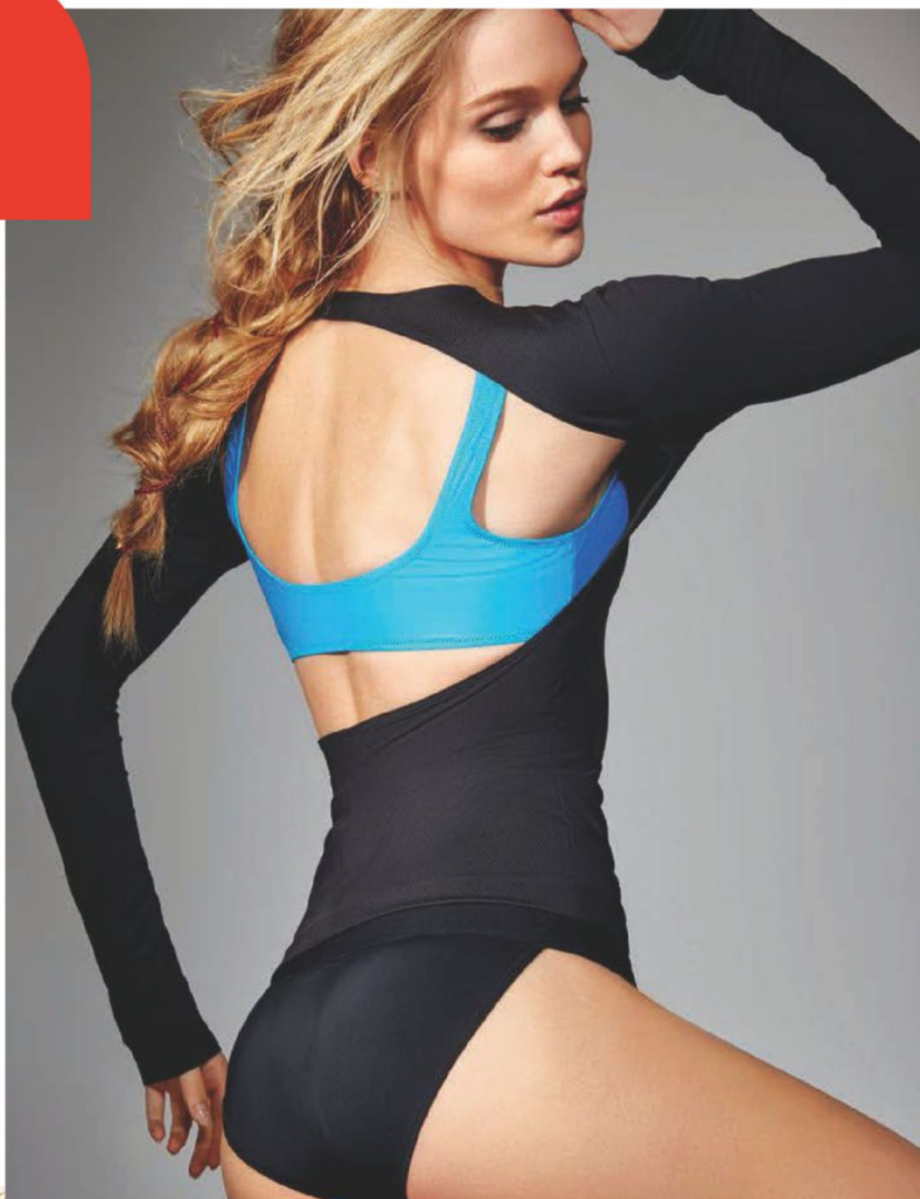
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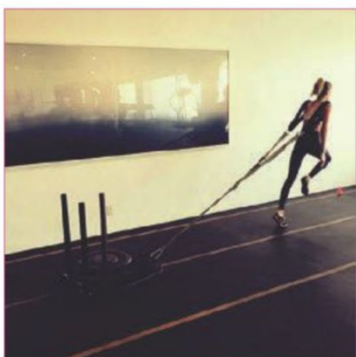
Needless things

“KEEP IT SIMPLE, BE REALISTIC, AND NEVER, EVER SAY NO TO CHEESE.” Hilary Duff is my new health and fitness hero. After she shared this piece of advice, one of her guiding principles for health and happiness, she adds that she’d never go on an actual diet (although she nearly attempted a baby food diet once) and prefers what she terms “grown-woman” food. Hence the cheese (she loves it, and is addicted to it). But, on the other hand, she roasts her veggies instead of frying them or coating them in salty or creamy sauce.

I LIKE THAT SENSE OF BALANCE HILARY HAS FOUND. I’ve got to be able to imagine myself happily tucking into a dish otherwise I’m never going to eat it again. So although I want to make my meals healthy, I’m not going to make so lean and mean that I feel deprived – like Hilary, I’m sticking to the cheese, too.

While I’m practicing this new reality-driven diet though, I’m going to pay more attention to my portions. We have an excellent story this month about what your perfect daily food intake should look like. It covers three types of diets: vegan, moderate carb-moderate protein and paleo, which focuses on proteins (animal and otherwise) as well as fruits and veggies. I’m shocked at how much more we actually eat on a daily basis! **We don’t need all that food; we just think we do.** Read it, and you’ll be amazed at what you can do without. Have a happy second half of the year and remember, it’s not too late to start!

... the new Angels, like Martha Hunt and Stella Maxwell. Hot and healthy, they inspire us to wake up super-early for gym!



... fitness flatlays. Under Armour’s makes us wanna hit the clay court, stat.



We’re loving...



... fun time with mummy. Cover girl Hilary Duff’s bonding mo with her son doubles as a workout sesh!

... healthy Latin meals. The recipes featured on p.80-87 are bursting with herbs, spices and fresh flavours.



GOING DIGITAL

Here’s a tip: it’s cheaper (and less of a hassle) to get a digital subscription to *SHAPE* on the Apple App Store and Android app on Google Play than risk missing out on your monthly fix.



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Your take on *SHAPE*!

We always enjoy reading your tweets, posts, and emails. Here's what you've been saying.

WINNING IG POST!

MEMORABLE RUN

Check out @dottyadnan's haul at the SHAPE Night Run '15! Judging by her posts, we think it was a night of fun and fitness for the runner, who managed to grab a medal to boot! Follow and tag us on IG; you may just win something!



DRIVING ME WILDE

I've been a *huge* fan of Olivia, ever since she starred in *House*. So, imagine how quickly I snapped your magazine up the second I saw her on the cover! I absolutely love her honest take on pregnancy and motherhood; no holds barred! One more reason to look up to the gorgeous star. This issue's definitely a keeper! Yasmin, Kedah



POST-GYM GLOW ON!

One of the things I love about *SHAPE*? The women you feature aren't caked in two inches of makeup; natural beauty FTW! That being said, I do love my face colours... And thanks to you, I can now re-create that post-workout flush outside the gym. Hey, don't judge me; sometimes a girl's gotta cheat! Jennifer, Kuala Lumpur



FOR MUMS

The salivating recipes featured in your May issue were so on point for Mother's Day. While I'm pretty sure I need more practice in the kitchen, my mum absolutely loved the crust-baked rack of lamb. For future issues though, would it be possible to feature more recipes that use affordable, local ingredients? Shakeela, Ipoh

We want to hear from you!

Send us your thoughts on *SHAPE*—bouquets, brickbats, and anything in between. Email us at shape@bluinc.com.my. Please include your name (and a pseudonym if you wish), address and contact number. Letters published may be edited for length and clarity. July's winner will receive Sothys' Hydra-Nourishing Body Lotion (200ml) and Velvet Hand Cream (50ml) worth a total RM384!



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Check in daily for motivating fitspo, live-healthy tips, and giveaways. And get even more inspiration by joining us on Twitter, Facebook, and Instagram @shapemalaysia

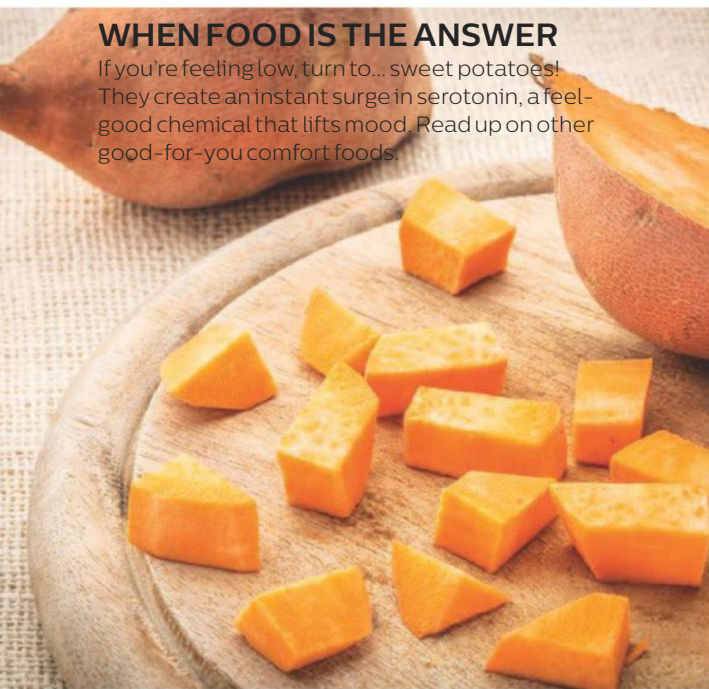
BREAKING NEWS!

Want the latest running-related reports? Hit up shape.com.my. We've got the scoop on upcoming runs (plus other fitness events), and expert tips on how you can improve your PR!



WHEN FOOD IS THE ANSWER

If you're feeling low, turn to... sweet potatoes! They create an instant surge in serotonin, a feel-good chemical that lifts mood. Read up on other good-for-you comfort foods.



WHITENING WONDERS

Had too much fun in the sun, and are now yearning for brighter and younger-looking complexion? Check out our edit of powerful solutions that won't dry up your skin.

GOODBYE SPORTS BRA!

We know it's your fave piece, but girl, you gotta know when to replace it. We show you how to maximise its lifespan too!



Image from INGMAGE

You *right now*

Think strong, be strong

THERE'S SUCH A THING as fitness self-esteem, and you want it because having this mental strength may help get you a better body, a new study revealed. When researchers at Texas Women's University studied a group of 18- to 30-year-old women with similar BMIs who did comparable amounts of weekly exercise, they found that those who thought of themselves as fit and strong were able to run significantly longer and lift heavier weights than their less self-assured counterparts. Truly believing that you can accomplish a physical task that takes endurance and strength "allows you not to be afraid to put in more effort," says study author Wayne Brewer, Ph.D. Build your fit confidence by scoring some mini wins – rock your boot camp with slightly heavier dumbbells, dial up the resistance in Spinning – and start the snowball effect.



beauty right now



SISLEY
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RM159

TWIST AND SHOUT

Do away with the sharpener; a new mechanism is transforming the way you apply eye and lip colours! We love:

Sisley Phyto-Eye Twist

Think creamy, super-charged pigments that are guaranteed to survive our hot and humid climate! With a jumbo stick that's neither too thick nor fine, this can be used as an eye shadow, pencil or liner.

Tarte LipSurgence Natural Lip Tint

Powered by vitamins C and E, plus jojoba seed oil, this plumps up your pout with a complexion-enhancing sheer colour. Glide it over for a surge of moisture, and let your lips do the talking.

TARTE
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NATURAL LIP TINT
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STAVE OFF CROW'S FEET WITH GINSENG SCIENCE

The area that connects your dermis to your epidermis is called the dermal-epidermal junction (DEJ); a healthy connection ensures smooth cellular communication, nutrient exchange, and other skin functions. As you grow older, the DEJ becomes thin and flat, becoming susceptible to the pull of gravity, and thus, over time, you'll start to notice deep-set wrinkles and expression lines. Fear not; **Sulwhasoo's Capsulized Ginseng Fortifying Serum** (RM520) is here to stop the hands of time from dragging you down! It promotes better absorption of ginseng by four times and collagen synthesis in the corium, regenerates the epidermis, and delivers active ingredients in their safest, freshest state. Translation: instantly smoother skin.

Tried And Tested!

"To help shape specific body areas throughout my trip in Germany for a competition, I used the **Clarins Body Lift Cellulite Control** (RM222.60) on my thighs and the **Body Shaping Cream** (RM222.60) on my tummy – and combined them with the right diet and exercise. My thighs are now smoother, while my abs, firmer. I'm getting compliments and nods of approval from my friends, so yes, I'm happy with the results!" –

Katrina Ann Hadi, National Synchronised Swimmer



fitness *right now*

The yoga pose that's great for your butt

Start with the traditional upward dog pose (lie facedown on a mat, elbows bent and hands beside chest, and press through palms and tops of feet, arching your back and lifting hips and legs a few inches off floor); then bend your right knee to bring the toes toward the back of your head as you squeeze your right glutes.

"Bending one leg up really activates the glutes and strengthens all the muscles down the back of your leg to help lift your butt," says Kelsey Rae Lawrence, a yoga instructor in Los Angeles. Hold the pose for five to eight slow breaths, then switch sides and repeat for one set. Do two to five sets four days a week, or try the variation in your next vinyasa class.

GOOD NEWS!

A book on tape can make you want to work out more. Treadmillers who tuned in to audiobooks went to the gym 51 per cent more than usual in a study at the University of Pennsylvania. "Listening to a story can make your workout go from being a task you feel compelled to do to a pleasure you eagerly anticipate," says lead study author Katherine Milkman. Thrillers with cliffhangers at the end of each chapter may be the most effective for keeping you hooked, Milkman says, but any book you can dive into makes a great trainer.



PEDAL AWAY YOUR BLUES

New Balance rolls out its C-series Collection, a line of urban cycling shoes.

We've got our eyes on the **CT700C**; designed with the modern, metropolitan consumer in mind, it marries form and function with its traditional sleek silhouette, reflective laces and high-density rubber in the forefoot outsole, so you can clock in more urban mileage comfortably. Wrap its ankle straps around long pants for swift, unobstructed pedalling.

GET *the* guy

How? Choose an online-dating screen name that starts with a letter from A to M and you'll up your chances of finding a match, according to a study in the journal *Evidence Based Medicine*. The reason is that most search engines sort results alphabetically, and people tend to stop scrolling before they're halfway through the list.

**Three
questions
will wipe
away
doubt**

love *right now*

Fitter with him

Sixty-six per cent of women whose partner got on an exercise kick also started working out, compared with 24 per cent of those whose partners didn't get off the couch, researchers at University College London revealed. When you're both working toward the same goal, you always have each other as a source of encouragement and reinforcement for why the sweat is worth the effort. On the other hand, if you're dreading your workout and he's kicking back with a beer, it's going to be a hell of a lot harder to resist the urge to quit.



What's a RELATIONSHIP CLEANSE?

A smart, weekly check-in with your guy to connect and clear the air of any percolating problems. You'll want to hit on these three topics: sex, social life, and personal concerns (like money), suggests Rachel Sussman, a relationship psychotherapist in New York City. "It can be as informal as asking each other, 'How are we doing; are we having good sex? Going out enough? Anything bugging you?'" Then make a plan to change what needs changing, and move on.

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STEAL HER STYLE

A shoulder-baring bustier proves that keeping it simple pays off. Put that spare getting-dressed time into creating tousled hair and flawless skin all over.

HILARY GETS REAL

Interview by Claire Connors

Styling by Audrey Slater

*Hair by Marcus Francis & makeup
by Adam Breuchaud*

“Never let them see you sweat”

is Hilary Duff’s mantra. Back from a three-year hiatus following the birth of her son, Luca, the 27 year old is dialing up the heat on her career. A decade after *Lizzie McGuire* made her a star, Hilary has returned to TV in the addictive new show *Younger* and is recording music for an upcoming CD, her first in eight years. She’s also the single mom of a rambunctious 3 year old (she and her hockey player husband, Mike Comrie, separated last year). Yet in spite of the sudden chaos of her life, she manages to be calm, cool, chic, and all-natural sexy – and look that way, too. We asked, how how how??? So Hilary decided to compile a comprehensive list of her guiding principles for health and happiness. To start: keep it simple, be realistic, and never, ever say no to cheese.

THERE’S SO MUCH PRESSURE to always have it together, and I’m not falling for it. You see supermodels who have babies, and the next week they look as if they were never pregnant. That was not the case with me. Some days I feel great, others I feel pretty normal, and that’s acceptable.

I DON’T DO AUTO-GYM. I go three times a week and mix it up every time. I work out with weighted balls, battle ropes, and big rubber bands. I do this thing with a sledgehammer where I swing it and hit a rubber block, and it gets out all of my aggressions. Everyone is like, “Hilary’s got the hammer; get out of the way!”

AND I RELY ON REAL-LIFE EXERCISE. Carrying my son, for one. He weighs 15kg. The other day we went to Disneyland and he fell asleep in my arms, and I had to carry him back to my car, which was a 30-minute walk. I was dying.

I ALSO RELY ON GROWN-WOMAN FOOD. I’d rather have someone pull my fingernails off than hunker down and go on an actual diet. It’s so hard for me! My sister Haylie and I once considered doing a baby-food diet, but it just sounded too disgusting.

I LOVE MY WINE, but when I’m really trying to lose weight, that’s got to go. Alcohol is a trigger to make bad choices, just like when I get too hungry.

STEAMED VEGGIES BORE ME. I roast every vegetable I eat in olive oil, because the flavour is so much better.

THE KEY TO A HAPPY LIFE is cheese. It's a real problem. I can't say no to it! There's a cheese shop in Beverly Hills, and my car is like a magnet to it. Luca is crazy about it, too. Love the cheese!

I DO COOL THINGS WITH SNACKS. My favourite is a Wasa cracker topped with avocado, radish, chia seeds, a little olive oil, some sea salt, lemon, and dill. That keeps my palate excited.

I'M A SUCKER FOR DENIM!

I probably own 30 pairs of jeans, but honestly, I don't wear most of them. I rotate eight or nine pairs. My favourites are my Frame jeans with holes in the knees. They have a lot of stretch and cling to my legs.

Three easy pieces: that's all it takes to look natural, casual, sexy. Here, gutsy shoes add edge to a breezy little dress. The jacket balances the look; not too hard, not too soft.





Classic faded blues worn with a feminine lace top and a funky turquoise ring is the perfect wear-anywhere mix; comfy enough for the weekend, fancy enough for cocktails.



Knot the ends of your shirt, slip on a kinky skirt and easy-to-walk-in nude boots and you'll look laid-back but pulled together. Plus, the combo makes your waist look minuscule and your legs look loooooong.

I EMBRACE THE MESS. I had to be careful not to screw up in public as a child actor. So on my new show, *Younger*, which is written by Darren Star, who created *Sex and the City*, it's really fun for me to play Kelsey, a 27-year-old book editor whose personal life is a hot mess. She always chooses the wrong guy, drinks way too much, and has to cover for herself the next morning.

MY GO-TO NO-BRAINER look is a comfy tissue-thin tee from the Fairfax flea market, skinny jeans, classic little pumps, and a leather jacket. With a 3 year old, I've got to whip it together pretty fast in the morning.

“I’m a T-shirt and denim and heels kind of girl. It’s so easy to dress them up or down.”



The best part about a relaxed style? Not stressing about fashion rules. If you want to dress in denim head to toe, go for it. In fact, wear blues that don't match; imperfection looks best here. An easy-breezy philosophy applies to makeup too: mascara is all you need for a bright-eyed look.

EXPRESS FITNESS

get fit

The magic of speed rounds

Meet the 14-minute workout that burns through fat and gets you lean, toned legs – using one simple tool.

By Amy Roberts

SHUFFLE, GRAPEVINE,

and hop – that's what you'll do around an agility ladder (a plastic ladder that lies flat on the floor). "These exercises require speedy acceleration, deceleration, and changes in direction, all of which fire up your metabolism," says Jair Lee, a performance specialist for the Exos athletic training facility in Phoenix, Arizona, the U.S. Do Lee's fat-melting mix on the next page, tackling the ladder moves as quickly and powerfully as you can and catching your breath as you bang out the body-weight strengtheners in between. Boom! You've just sculpted your abs to calves plus shoulders, chest, and arms in 14 minutes flat.

DIY or buy
Make your own grid with masking tape or chalk: for a 50 m ladder, create ten 50cm-by-40-cm rectangles.



Your Workout

INTENSITY:
Moderate to hard
(RPE*: Shoot for a
7 or an 8 out of 10.)

TOTAL TIME:
14 minutes

YOU'LL NEED:
An agility ladder.
Many gyms have
one; ask a trainer
to help you find it.

HOW IT WORKS:
Warm up, then do
the drills at right in
order three times,
resting for 1 minute
between rounds.

CALORIES BURNED:
159**

*Rate of perceived exertion

**Calorie burn is based on a
63.5kg woman.

► IN-IN, OUT-OUT

Stand facing one end of the ladder. Step right foot into first box, then left foot. Then step right foot to outside of next box, then left foot. Continue running in and out until you reach the end. Repeat, going backward to start position. Continue for 30 seconds.

► JUMP-SWITCH SHUFFLE

Stand perpendicular to right end of the ladder with toes pointing to first box. Step left foot into first box. Jump laterally, switching feet in the air to land with right foot in second box. Continue alternating legs until you reach the end. Repeat to right. Continue for 30 seconds.

► DOUBLE HIGH-KNEES

Stand facing one end of the ladder. Run with high knees and on balls of feet down ladder, taking small steps so both feet enter each box before moving on to next. Repeat, going backward to start position. Continue for 30 seconds.

► DO 15 PUSH-UPS.

► HOPSCOTCH SQUAT

Squat with feet wide behind one end of the ladder. Hop feet together into first box to stand, then jump feet to outside of next box to squat. Continue until you reach the end. Repeat, going backward to start position. Continue for 30 seconds.

► LATERAL HIGH-KNEES

Stand perpendicular to right end of the ladder with feet together in first box. Run sideways toward left with high knees down ladder, taking small steps so both feet enter each box before moving on to next. At the end, repeat toward right to return to start position. Continue for 30 seconds.

▼ CROSSOVER HAND WALK

Start in plank at right end of the ladder with left hand beside first box (body is perpendicular to ladder). Cross right hand over left to reach into first box, then left hand under right (shuffling feet to left) to return to plank in first box. Continue until you reach the end. Repeat to right. Continue for 30 seconds.

► DO 25 SIT-UPS.

GET THIS PLAN TO GO!

Download the **Motion Traxx app** (free, Android and iOS) to get audio coaching over music matched to this routine. New users receive five free workouts when they register.



A slammin' body. Yours now

Burn a whopping 150 calories in just 10 minutes flat and get totally toned with rope training. **By Karen Asp**

Those supesize ropes you see people throwing around at the gym are called battling ropes. They're simple to use: grab hold of the ends and make waves, slam, or circle them as hard and fast as you can. When people did 10 15-second sets of rope waves with 45 seconds of rest in between, they burned an average of 112 calories, finds a study in the *Journal of Strength and Conditioning Research*. That's 112 calories in just 2½ minutes of work! They're heavy, so it only takes a few high-intensity intervals to improve your endurance, strength, and power, says Ingrid Marcum, C.S.C.S., director at Battling Ropes, a programme used by trainers and gyms. Learn the ropes with this (even tougher) routine created by Marcum.

Your workout

INTENSITY:

Hard (RPE*): shoot for between 8-9 out of 10 for working intervals.)

TOTAL TIME:

10 minutes

YOU'LL NEED:

A battling rope. It should be about 15m long with a 4cm diameter. Most gyms have one; ask a trainer to help you find it.

HOW IT WORKS:

First, anchor the centre of the rope around a heavy weight or machine. Start with the first exercise; do as many reps as you can for 30 seconds. Rest for 30 seconds. Do the remaining moves in order, resting for 30 seconds between each. Then repeat the whole thing once more.

CALORIES BURNED:

150**

Double waves Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lean forward from hips and forcefully throw arms up to shoulder height and down toward knees, creating small to medium waves that travel to the anchor point while you simultaneously march or jog in place.

Synchronised circles Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lift arms to chest height, elbows bent, and make big, clockwise circles (between hips and chest) with ropes. Reverse direction at 15 seconds.

Woodchoppers Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an overhand grip. Lean forward from hips and use your entire body to drive ropes as high as possible (above shoulders), and then slam them toward floor as you squat. Immediately repeat.

Alternating sprints Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lean forward from hips and forcefully throw right arm up to shoulder height and left arm down toward knees. Immediately switch sides to create big, alternating waves.

Crossovers Lunge with right foot forward and hold rope ends in each hand with an overhand grip, hands together. Forcefully slam ropes to your right, then to your left, letting the ropes touch the floor on each side of right foot. Switch legs at 15 seconds.

THINK FAST!
The quicker you move the ropes, the smoother your waves will travel.

*Rate of perceived exertion;
**Calorie burn is based on a 66kg woman.



TO RUN YOUR
BEST, WAIT 48
HOURS AFTER
PLYO MOVES

Pro running tip

To make your stride speedier and easier, check the workout you do the day before and skip the plyometrics, suggests new research in the *Journal of Human Sport and Exercise*. Doing a circuit of plyo moves (explosive exercises like squat jumps and burpees) taxes your muscles and will sap your speed even 24 hours after – plus make those miles feel harder. The easy fix: “If you do an explosive workout on Monday, save your run for Wednesday or Thursday and you’ll feel strong, fast, and fresh,” study author Tomas Kalina says.

July's
**Hottest
workout
song**

Jason Derulo's
“Want to Want Me”

Images by Ingimage

LACE UP FOR CHARITY

Make a difference to communities in need around the world by joining **Mercy Malaysia's International Humanitarian Run**, which aims to raise awareness about the organisation's efforts. Proceeds from the event will go to its general humanitarian fund – recent local and international disasters, such as the east coast floods and earthquake in Nepal, have shown the importance of having sustainable finances in order for MERCY Malaysia to quickly respond to emergencies without delay. Look forward to: energising warm-up session, light brekkie, lucky draw and exciting entertainment. Participate in its #myMERCYrun wefie photo competition; the most creative poses stand a chance to win fab prizes!

What Mercy Malaysia International Humanitarian Run
When August 1, 7am

Where Padang Merbok, KL
Categories 3km, 7km and 10km.

Fee RM80 per person; group RM400/ six persons. Medals will be given to finishers

To register Go to www.webprojx.com/mymercyrun

FOC pre-race prep Join its weekly exercise event called the Fun Fit Friday every – you guessed it – Friday, at 6pm. Held at the KLCC Park for all registered runners as well as MERCY Malaysia staff.





Ask Jac



Q Can you run off or out-lift cellulite?

GOOD NEWS: you can.

"Cellulite is just uneven fat," says Wayne Westcott, Ph.D and professor of exercise science at Illinois's Quincy University, who's been studying cellulite since 2001. "You can't spot-reduce to get rid of it, but you can spot-strengthen." Westcott's anti-cellulite plan: first, 10 to 20 minutes of cardio intervals to help melt fat all over. "You burn carbs during the work periods, then fat during rest as your body tries to replace the carbs to re-energise you." Next, do strength moves to rebuild the muscles under the clumps, which will smooth them out. Westcott's research shows people get the best results with what he calls the 'double-eight' format: do 1 set of 8 reps of a move (say, a squat if you're trying to get rid of cellulite on your butt) at a light to moderate weight. Rest 30 seconds. Then double the weight and do 8 more reps.

"This primes muscles so that by the second set, you can lift a weight that would otherwise seem intimidating, which helps you tone up faster."

COFFEE DURING MY WORKOUT. GOOD IDEA?

I drink black coffee throughout CrossFit, yoga, rowing class... and I want to know if it helps or hurts my session. Turns out it's mostly the former. Coffee's caffeine makes you more alert and less fatigued during exercise, and improves reaction time and coordination, says Brian St. Pierre, a strength and conditioning specialist and registered sports dietitian. Plus, a

cup of joe enables you to go harder without feeling like you are. "It also stimulates lipolysis, which is when the body releases stored fat into the bloodstream to be used for energy," he explains. "This can lead to greater fat loss over time." The catch? "It doesn't work equally well for everyone, and definitely not for all activities," says St. Pierre. So if the caffeine makes you feel shaky or

upsets your stomach, skip it. But otherwise, he says to stick with 236-354ml, opt for iced (it usually has more water in it, and the cold will help keep your core temperature down), and drink additional fluids if your session lasts longer than an hour.



Jac says...

MAKE BURPEES YOUR WORKOUT NON-NEGOTIABLE

If I could only do one no-equipment exercise for the rest of my life, it would be a burpee (where you drop into a chest-to-floor push-up then jump up as high as you can). You just can't get much more out of a single move. One rep engages all of your major muscle groups, and when you do 10 quick reps you'll get the same metabolism-boosting effects as a 30-second all-out sprint, a study by the American College of Sports Medicine finds. Here are three new ways to do the move so the next time your routine calls for burpees, you won't get bored, and will always see results.

THE DOUBLE DIP

Stand with feet hip-width apart, arms at sides. Crouch, place hands on floor, jump feet back to plank; do a push-up (chest to floor). Jump feet up to hands, then quickly jump feet back and do another push-up. Jump feet up to hands, then do a tuck jump. Immediately repeat tuck jump. Repeat.

BURPEE SIT-UP

Stand with feet hip-width apart, arms at sides. Crouch, place hands on floor, jump feet back to plank; do a push-up (chest to floor). Flip over and do one sit-up. Rotate back to plank, jump feet up to hands, then jump and clap hands overhead. Repeat.

ONE ARM, ONE LEG

Stand with feet hip-width apart, arms at sides. Crouch, place left hand on floor, right hand on lower back, jump feet back to plank. Jump feet up to hand, then jump. Repeat on right side. Then, repeat with each leg lifted (adding in the push-up). Repeat.

SHAPE US's fitness director, **Jaclyn Emerick**, is also a certified personal trainer, Spinning instructor, and kettlebell instructor.

Jaclyn photograph by Chris Fanning; running image from iStockphoto; bottom photograph by Chris Fanning; hair by Casey Geren/ABTP.com for Alterra; makeup by Jessi Butterfield/Exclusive Artists Management for Dior Beauty.

Speed up your bicycles to rev your heart rate.



Nora Tobin's Fit Tips

Firm faster with this tool

The BOSU ball is basically half of a stability ball on a rigid platform. Do Tobin's moves on one and you'll feel wobbly, so more muscles have to work together to keep you stabilised. Do 2 or 3 sets of each of these moves.

WARRIOR LEG LIFT

Works abs, butt, quads, hamstrings

Stand on BOSU (black side down) with feet hip-width apart to start. Bend forward and lift left leg behind you as you extend arms in front of you so body forms a T position. Raise leg 1 inch; lower 1 inch. Return to starting position for 1 rep. Do 8 to 12 reps. Switch sides; repeat for 1 set.

BOSU BURPEE

Works shoulders, chest, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold the BOSU with both hands (black side away from you) at chest level. Crouch, place BOSU

on floor, jump feet back to plank, do a push-up, jump feet to hands, then stand and lift BOSU overhead for 1 rep. Do 12 to 15 reps.

THE BICYCLE

Works abs, obliques

Sit on BOSU (black side down). Roll onto low back and extend legs and bring palms behind head. Slowly reach right elbow to left knee (shown). Switch sides; repeat for 1 rep. Do 8 to 12 reps.

HOP OVER

Works abs, butt, quads, hamstrings, calves

Stand to the right of the

BOSU (black side down) with feet together, knees slightly bent, arms at sides. Hop over the BOSU to land on the left; immediately jump back to the right for 1 rep. Do 12 to 15 reps.

PLANK REACH

Works shoulders, chest, abs, butt, quads

Start in plank with hands on the BOSU (black side down). Extend right arm in front of you as you lift left leg a few inches off the ground. Hold for a breath; slowly lower to plank. Switch sides; repeat for 1 rep. Do 8 to 12 reps.

Nora Tobin is a trainer and SHAPE contributor based in Los Angeles.

SHAPE RECOMMENDS



BOSU BALL, RM390.10, FITNESS CONCEPT

*** June's Hottest Workout Song**
Fifth Harmony - "This Is How We Roll"

A full-page background image showing two women playing volleyball in a large indoor gymnasium. One woman, wearing a blue shirt and shorts, is on the left side of the net, jumping to block. The other woman, wearing a yellow and white shirt, is on the right side, jumping to hit the ball. A volleyball is in the air above the net. The gym has a high ceiling with exposed steel beams and large windows in the background.

Get in the game

When you join a team – any kind of team – research shows this happens: your workout motivation gets a huge hit of adrenaline and you torch max calories, tone muscle, de-stress, and socialise.

Ready? *By Caitlin Carlson*
Additional reporting by Poon Li-Wei

YOU DON'T have to be an athlete – or even a former one – to get in a recreational sports league.

Which is partly why signing up for volleyball, dodgeball, Ultimate Frisbee or anything-else team has become wildly popular: Sports Bandits, a social sports community based in the Klang Valley, has quickly gained around 700 members in less than eight months of operation. Aside from being extremely fun, the fitness benefits are at the top of a long list of reasons to get on the roster. “Unlike many gym-based activities, sports keep you constantly moving unpredictably and in every plane of motion,” says Joel Sanders, a performance coach at the Exos athlete training facility in Phoenix, Arizona, the U.S. All of this revs your heart rate and uses many muscles at once.

Multiple studies back up the mind and body perks of recreational sports for grown-ups. A review in the *International Journal of Behavioral Nutrition and Physical Activity* concludes that in addition to whipping you into better shape, team sports can reduce stress and improve self-esteem, social connectedness, and the overall quality of life more than working out on your own. This is because of the social nature of sports. It also has to do with the fact that these games are fun, which makes you more likely to be intrinsically motivated to stay active, study author Rochelle Eime, Ph.D., explains.

Other research shows that getting out on the field or court once or twice a week may help you get to the gym on other days. Game? Now's a good a time as any to sign up. Our expert advice ensures you'll be ready to play.

Find a league

Sports Bandits (sportsbandits.com) currently organises games around the Klang Valley, offering a variety of sports ranging from volleyball and basketball to Bubble Futsal and Quidditch. There are a few plans: six-month (RM550), one-month (RM110), roamer's (RM250/10 visits) and walk-in (RM30). For those who live outside of Klang Valley and

don't have your own team, head to your local sports and recreation clubs (such as the YMCA) to try and get your foot in; they usually have adult leagues you can join.

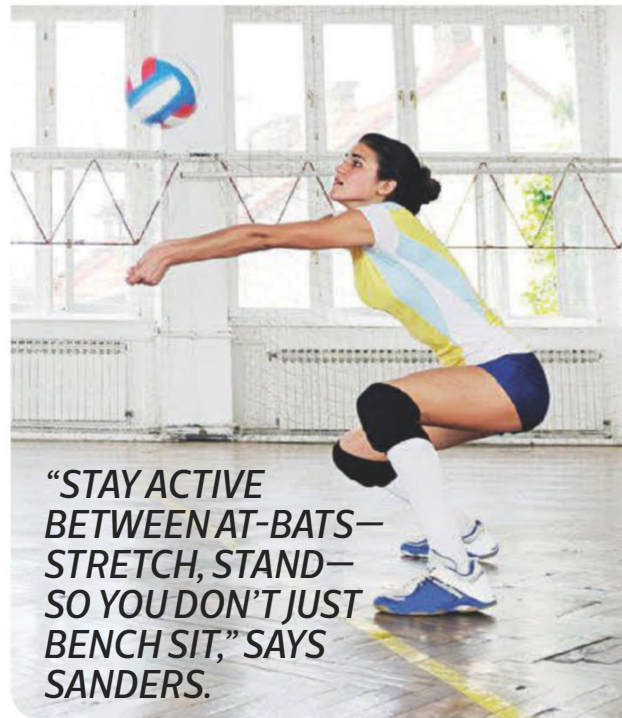
Choose the right sport...

First, consider the sport or sports you played (if any) while growing up as you may have carried forth certain elements you picked

up then. "Track and field, handball, hockey and netball equipped me with running, throwing and catching, and game-sense skills needed in Ultimate Frisbee," says Ida Kaled, an Ultimate Frisbee athlete. But no worries if you weren't active in your younger years: it's still a good game for beginners, as it doesn't require a lot of skills to get started, adds Ida. Plus, there are plenty of fitness perks to be gained from Ultimate Frisbee. "You have to cover more grounds while playing the game, which equals a higher heart rate and more calories expended," says Sanders.

... and the right team

There isn't a rule set in stone when it comes to segregating teams based on skill levels at Sports Bandits, says its CEO and co-founder, Rezhan Majid. However, if it is conducive to the game, members will be separated and matched to the



"STAY ACTIVE BETWEEN AT-BATS—STRETCH, STAND—SO YOU DON'T JUST BENCH SIT," SAYS SANDERS.

sports they are skilled in. Nonetheless, teams are constantly re-shuffled to promote interaction and bonding, adds Rezhan. So whether you haven't picked up a ball since secondary school, or you're the company's top netball star, there's something out there for you.

Get game-day ready

In addition to running or cycling on your own free time, you also need to shore up your agility and reflexes because regardless of what sport you're playing, you'll have to start, stop, and change direction quickly and use explosive power to kick or throw, says Sanders. "We always have a warm-up session before the start of each game

to get the blood moving and muscles stretched," adds Rezhan. Sanders recommends: quick lateral jumps and inchworms (bend forward, walk hands out to plank; keeping legs straight, walk feet up to hands. Do six to eight reps).

Make friends

Or more than friends. In fact, social sports may be the next online dating! But it's not just for romance; from friendships to hook-ups to marriages, it can all happen, thanks to post-game activities. "We tend to flock to the nearest *mamak*, and that's where we get to know each other better. And yes, we have a few couples who met through Sports Bandits," says Rezhan.

HOW TO PICK A TEAM NAME

WHAT YOU CALL your crew helps set the tone right off the bat. The most important tip: keep it fun. Think about terms or phrases for the sport you're playing, your team colour, and current events. Some of our favourites:

- 1 Hoops I Did It Again
- 2 Kiss My Pass
- 3 Ball Me Maybe
- 4 Superexplosiongiggle-funtime
- 5 Don't Stop Ballieving
- 6 Fresh Kicks of Ball Air
- 7 Manchesthair United
- 8 Multiple Scorgasms →
- 9 Our Drinking Team Has a Kickball Problem
- 10 Superman That Throw
- 11 We're Team Burgundy?



Age-erasing yoga

As you grow older, your flexibility, balance and strength will start to go downhill. It becomes harder to de-stress too – and this can lead to a bunch of health problems, chiefly heart disease and stroke, headaches, poor digestion, muscle / joint aches and pains, irregular periods, hair loss, and yikes, more lines and wrinkles on your face! You best try these eight anti-ageing poses to turn back the clock! *By Nika Karan Photography by Patrick Chan*

The PLAN

HOW IT WORKS

Do this sequence three times a week, moving fluidly between poses. As you perform each pose, breathe deeply and slowly through your nose. This further boosts stress-relieving and anti-ageing benefits!

YOU'LL NEED

Ayoga mat

1) EASY SIDE STRETCH

Stretches knees and ankles; opens and releases tension in hips; stimulates digestion.

Sit on mat with legs crossed and back straight. Inhale, stretch both hands above the head; lengthen your spine. Exhale, rest left forearm on mat and stretch your right hand above your head; open your chest and draw shoulder blades to the back. Look up and hold pose for 5 deep breaths; repeat on the other side.



Hair and makeup by Yee Mian/Xpression Make Up Academy



2) DOWNWARD-FACING DOG

Increases full-body circulation; strengthens arms, back and legs; helps relieve headaches, insomnia and fatigue

Begin on all fours, with knees directly below hips and hands slightly forward of your shoulders. Exhale and lift knees away from floor; lift sit bones towards the ceiling. Engage inner thighs to straighten knees and ground heels onto mat; if your hamstrings feel tight, just keep knees slightly bent, but make sure your back is straight and tailbone is pointing up. Widen your shoulder blades, and relax your head between your upper arms. Hold for 5 deep breaths.

To deepen the chair pose, reach your lifted knee downward. This opens your hips even more.



3) CHAIR

Strengthens knees, ankles, hips and spine; stretches chest and shoulders; stimulates abdominal organs

From downward-facing dog pose, step forward to the front of the mat; bend your knees and lower hips towards the mat as if you're sitting on a chair. Inhale, lift your hands up and bring palms together. Keep your back long and scoop your tailbone towards the mat; engage your abdominal muscles. Hold pose for 5 deep breaths, then release by straightening the knees and releasing your hands to the sides (mountain pose).

4) TREE

Improves posture and balance; strengthens thighs, calves, ankles and spine; relieves sciatica

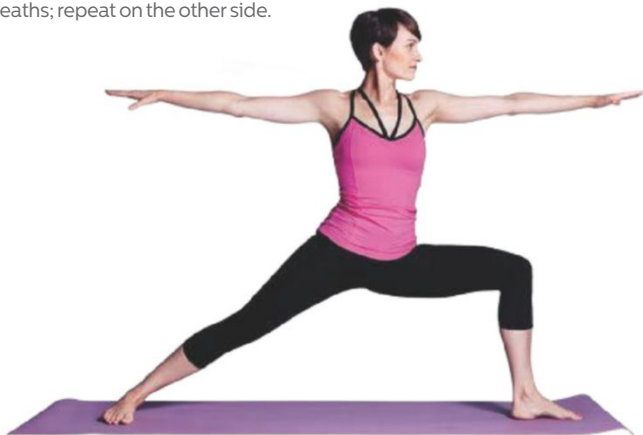
Stand straight on mat; gently shift your weight onto left leg. Rest your right foot on left inner thigh, with toes pointing down. Inhale and bring both hands above your head, keeping palms together. Drop shoulders, lengthen tailbone towards the floor, engage core and relax your neck. Gaze softly at a fixed point in front of you, and balance for 5 deep breaths. Repeat on the other side.



5) WARRIOR II

Strengthens and stretches glutes, legs and ankles; relieves backache

Stand straight with feet hip-width apart. Exhale and bring your legs about 4-5 feet apart. Point left foot forward and turn right foot 90 degrees. Inhale and raise arms to shoulder height, parallel to the ground with shoulders rolled down and palms down. Exhale and bend the left knee, bringing it right above the ankle (not over) with the thigh parallel to the ground. Gently scoop the tailbone, press down through the left heel and gaze at left palm. Hold pose for 5 deep breaths; repeat on the other side.



6) HALF MOON

Improves focus, balance and coordination; stimulates digestion

From Warrior II, place left palm in front of your left foot, bend left knee, gently lean forward and lift right leg off the ground. Straighten your left knee. With your left palm on the ground, gently rotate your torso and right hip to the right. Inhale, extend your right arm fully while expanding the chest. Keep your hands in one straight line and look upwards. Hold for 5 deep breaths; repeat on the other side.

7) PLANK

Strengthens arms, wrists, spine and core

From Half Moon pose, bring palms and feet back to mat. Press forward with wrists directly under your shoulders. Keep your hips up and align shoulders directly over wrists. Your body should form a straight line from the top of your head to your heels. Press firmly down the mat and lift your chest up. Engage your core muscles and gently lengthen your tailbone towards heels. Relax your neck. Hold for 5 deep breaths.



8) SUPPORTED HEADSTAND

Nourishes the face by increasing blood flow to it; improves brain function; alleviates stress; strengthens the arms and core muscles; stimulates the pituitary and pineal glands

From plank pose, lower your knees and forearms to the ground. Interlace your fingers loosely, and line your elbows to your shoulders. Set the top of your head on the mat, and hold the back of it against clasped hands. Tuck your toes, lift your hips high, and straighten your legs. Start to walk your feet towards your body; your hips should line up over your shoulders, and your back, straight up. Bend one knee in, and bring heel to butt. Now try the other leg; once you're steady, both legs at the same time. When your heels are pulled in towards your butt, extend your legs straight up – slowly. Hold the pose for 5 deep breaths. Then, lower one leg at a time, and rest in Child's pose.



Strong— inside out

And you can achieve this with movement and mindset. Start by peeling off the extra kilos and then trim and tighten your body with our do-anywhere workouts. Exercise, as various studies have shown, is critical to your physical and mental wellbeing. What's that they say? Oh yes, healthy body, healthy mind. To further boost your brainpower, check out our tried-and-true tricks!

Got aches and pains that just won't go away? Get the right rx for often misunderstood and mislabeled conditions in active women, so you can feel better. STAT.

There will be days when you don't wanna move. Like, at all. On those days, turn to p.40 and 41. Or, just tear off the pages, and stick them on the wall. Here's to a stronger you!

focus

Strong & Sexy Phase 1: Melt the fat. Fast!

This all-in-one workout
slims, trims, and tones
at *superspeed*.

By Jaclyn Emerick
Photographs by
Chris Fanning



WHETHER IT'S POST-RAYA WEIGHT OR WHATEVER WEIGHT,

Tony Horton, the pro behind that body-makeover blockbuster, P90X will help you shed it with his proven burn-and-firm approach of using fast-paced, full-body toners. "The more muscles you target at once, the higher your calorie burn will be during and after exercise," he says. So if each move feels a little like its own mini workout, that's coz it should, thanks to all the hustle.

But as advanced as this routine seems, it's beginner-friendly too. "If you have trouble with any move, slow down, decrease your range of motion, and take quick breaks when you need to," Horton says. And just when you're wondering if all your sweat equity is paying off, you'll hit the tipping point to getting into that unforgiving skinny jeans! "Towards the end of the plan, the weight really comes off," he says.

Of course you're doing this to look good almost naked, but the confidence that comes along with getting fit is just as hot. "The combo of being physically and mentally strong lets you live a much more dynamic, enjoyable life," Horton says. OK, who's in?



For more of Tony Horton's body-reshaping workouts, try his latest release, the P90 training system box set (US\$80/ approx RM295, beachbody.com).

YOUR PLAN

Do the moves in order, no rests in between. When you've done all eight, take a one-minute breather, then repeat the circuit twice. Complete this routine three or four times a week on alternate days, and fill out your week with one yoga workout and one cardio interval session, Horton suggests.

YOU'LL NEED

A mat is optional.



1) SUMO JUMP TWIST

Works obliques, butt, quads, hamstrings, inner thighs

Stand with feet wide, toes turned out, arms by sides. Squat, lowering arms toward floor to start [A]. Jump as high as you can. When you land, shift body weight to right leg, then lift bent left leg out to side, twisting torso toward left with elbows bent and hands together at chest [B]. Quickly return to start position. Switch sides and repeat to complete 1 rep. Do 10 reps, alternating sides.



2) SQUAT LUNGE TWIST

Works back, chest, obliques, butt, quads, hamstrings, calves

Stand with feet hip-width apart, arms by sides. Squat, raising extended arms forward at shoulder level to start [A]. Lunge backward with right leg, bending both knees 90 degrees, as you rotate torso left and reach right arm to floor, left arm up [B]. Step right leg forward to start position. Switch sides and repeat to complete 1 rep. Do 10 reps, alternating sides.



3) LOW CHAIR SURRENDER

Works abs, butt, quads, hamstrings

Stand with feet hip-width apart, arms by sides. Squat, bringing hands together in front of chest to start [A]. Touch right knee to floor [B], then left knee (so you come to kneeling) [C]. Bring bent right leg back to squat, then bent left leg to complete 1 rep. Stay in squat and repeat, this time starting with left knee. Do 10 reps, alternating sides.

“Engage your abs during every one of these moves. More muscles at work means better results,” Horton says.



4) DIAGONAL LUNGE KICK

Works abs, butt, quads, hamstrings, calves

Stand with feet together, arms by sides. Lunge right leg diagonally forward toward right, bending both knees 90 degrees; raise left arm forward and right arm backward to start [A]. Pushing off right foot, forcefully kick right leg forward, bringing hands in fists together at chest [B]. Land in starting lunge position to complete 1 rep. Do 10 reps, then switch sides and repeat.



5) SIDE LUNGE SINGLE-LEG SQUAT

Works butt, quads, hamstrings, outer and inner thighs

Stand with feet together, arms by sides. Lunge right leg out to side, knee bent 90 degrees and toes pointing forward (left leg stays straight); bring fists together in front of chest to start [A]. Press off floor with right foot to stand on left leg, then lower into a single-leg squat (with right foot hovering next to left), reaching right arm toward floor by left foot, left arm up [B]. Return to start position to complete 1 rep. Do 10 reps, then switch sides and repeat.



6) PLYO PUSH-UP BIRD DOG

Works shoulders, back, chest, abs, butt, quads

Start on floor in plank position, body balancing on hands and toes. Lower body toward floor, then explosively push up so hands come off floor [A]; land softly, with elbows soft, then return to plank. Quickly raise right arm forward and left leg behind you [B]; hold for 5 seconds. Lower, then switch sides, raising left arm and right leg for 5 seconds, to complete 1 rep. Do 10 reps.

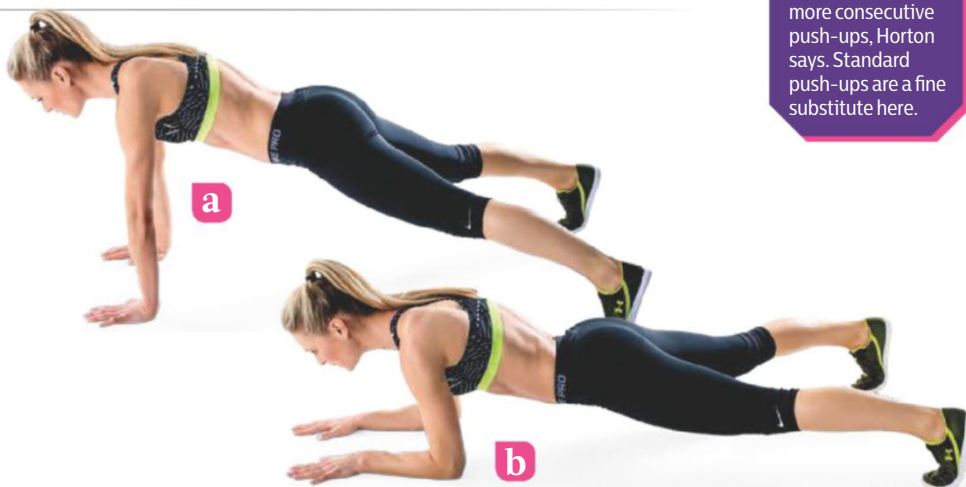
TRAINER'S TIP

"For this plyo push-up, land like a rubber band, with shoulders strong but flexible and a little bend in your elbows," Horton suggests. Resist any urge to modify the plyo push-up by starting on your knees. In fact, only add the plyo part if you can do 15 or more consecutive push-ups, Horton says. Standard push-ups are a fine substitute here.

7) DUO PLANK JACK

Works shoulders, chest, abs, butt, quads, outer and inner thighs, calves

Start on floor in plank position with feet together. Jump feet wide [A], then back in. Bend right elbow and lower forearm to floor, then left, coming to forearm plank. Jump feet wide [B], then back in. Plant right palm on floor, then left, and push up to complete 1 rep. Repeat, this time starting with left elbow. Do 10 reps, alternating sides.



8) PLANK ROLL V-SIT

Works shoulders, chest, abs, obliques, butt, quads

Start on floor in plank position [A]. Lower body fully to floor. Roll over left shoulder onto your back and curl into a tight ball, then sit up, and extend arms and legs forward at 45 degrees so body forms a V position [B]. Reverse motion back to start position to complete 1 rep. Repeat, this time rolling over right shoulder. Do 10 reps, alternating sides.

focus

Strong & Sexy Phase 2: Tone all over

Let's get serious!
Fast-track your
results with this
multitasking
strength circuit
that gets you
both tighter and
lighter with
every rep.

*By Jaelyn Emerick
Photographs by Chris Fanning*



**THE FIRST PART HELPED YOU
PEEL OFF EXTRA KILOS
WITH CALORIE-CRUSHING
CARDIO.** (New? Start here—

major results ahead.) Now, add weights to your workout to tighten that trimmer bod.

“Strength training, not cardio, is what gives you definition,” says Autumn Calabrese, the creator of the hit workout-DVD and nutrition-plan series 21 Day Fix, and your trainer for this second phase. “You have to lift weights; there’s no quicker way to build lean muscle.” Her inventive exercises will sculpt your whole body from fresh angles; you’ll feel it from the first curtsy-twist-thrust you do. Keep the pace of these compound movements snappy and you’ll burn serious calories, too. “Doing resistance moves at a cardio clip makes it easy to get a more effective workout in less time,” she says.

Newbies: use lighter weights. If you’re a workout pro, lift heavier ones and move faster. Either way, make every rep count. Your goal for each move is to sweat, get breathless, and let your muscles burn.

For those tough-to-eke-out reps (you’re human, this will happen), dig in. “Remember why you started this whole thing in the first place,” Calabrese says. “Just don’t quit; tell yourself you’re stronger than that.”

YOUR WORKOUT

Do 10 reps of each move; no resting between sets! Then repeat the entire circuit once or twice. Do this routine four days a week for the first two weeks, then up it to five days a week for the final two weeks.

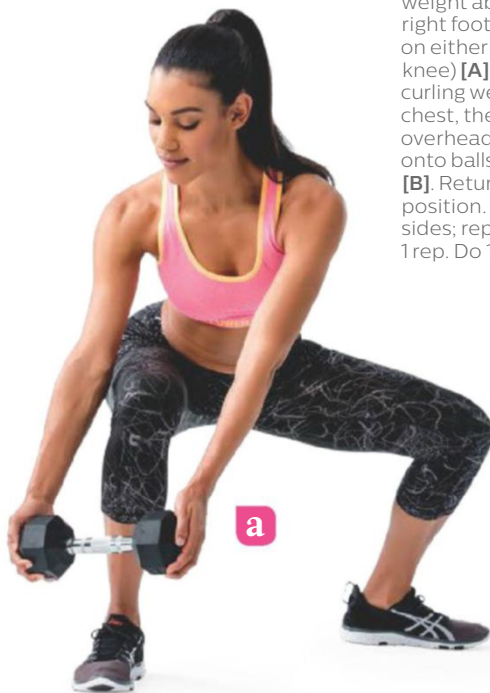
YOU’LL NEED

A pair of 5- to 10-pound dumb-bells

1) SUMO PRESS

Works shoulders, triceps, butt, quads, hamstrings, inner thighs

Stand with feet wide and toes turned out, holding one weight at ends with both hands in front of chest to start. Squat, rotating torso to right and reaching weight above right foot (arms go on either side of knee) **[A]**. Stand, curling weight to chest, then press it overhead as you rise onto balls of feet **[B]**. Return to start position. Switch sides; repeat. That’s 1 rep. Do 10 reps.



For more of Autumn Calabrese’s two-in-one workouts and eating plans, check out her **21 Day Fix** or her new **21 Day Fix Extreme** (US\$60/ approx RM220 each, beachbody.com).

2) LUNGE-KICK KICKBACK

Works triceps, butt, quads, hamstrings

Stand with feet together, a weight in each hand, arms by sides to start. Lunge forward with left leg, bending both knees 90 degrees. Push off of left leg to kick left foot forward **[A]**. Without touching floor, step left leg back into a reverse lunge, bending both knees 90 degrees. Lean forward from waist, bring weights to ribs, and extend arms back with palms facing in **[B]**. Return to start position. That’s 1 rep. Do 10 reps. Switch sides; repeat.





3) LUNGE TO LIFT

Works back, butt, quads, hamstrings

Stand with feet together, a weight in each hand, arms by sides to start. Keep left leg straight and step right far right, bending leg 90 degrees and bringing a weight to either side of knee. Lean forward and pull weights to ribs **[A]**. Shift body weight to left leg, lift right foot up and behind you. Lean forward with a flat back until body forms a straight line from head to right heel and arms extend down **[B]**. Return to start position. That's 1 rep. Do 10 reps. Switch sides; repeat.



4) SINGLE-LEG SQUAT PRESS

Works shoulders, butt, quads, hamstrings, outer thighs

Stand with feet hip-width apart, holding one weight at ends with both hands at chest level to start. Lift left foot off floor. Squat as low as you can **[A]**. Stand, lift left knee to hip level. Press weight overhead as you straighten and extend left leg to side **[B]**. Return to start position. That's 1 rep. Do 10 reps. Switch sides; repeat.



5) SQUAT-LUNGE-CURL

Works biceps, butt, quads, hamstrings

Stand with feet hip-width apart, a weight in each hand, arms by sides to start. Squat, pausing at bottom of movement to lift heels off floor **[A]**. Without rising, lower heels and extend right leg into a reverse lunge as you curl weights to shoulders **[B]**. Return to start position. Switch sides; repeat. That's 1 rep. Do 10 reps.



6) ROW-RAISE LUNGE

Works shoulders, back, abs, butt, quads, hamstrings

Start in plank with a weight in each hand. Draw left weight to ribs **[A]**, then right weight. Step left foot between hands and raise weights out to sides at shoulder level **[B]**. Return to start position. Switch sides; repeat. That's 1 rep. Do 10 reps.



7) BRIDGE FLY

Works chest, abs, butt, hamstrings

Lie face-up with knees bent and feet flat, holding a weight in each hand in front of chest. Lift hips so body forms a straight line from shoulders to knees, and extend right leg and arms up with palms facing in to start. Lower arms out to sides until triceps are parallel to floor [shown]. Return to start position. That's 1 rep. Do 5 reps. Switch sides; repeat.

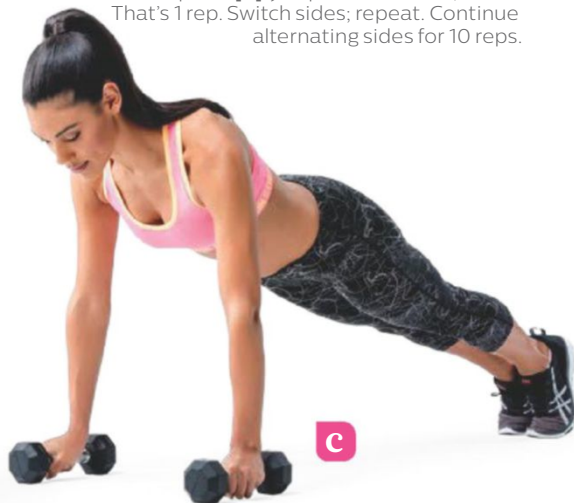
“Doing resistance moves at a cardio clip makes it easy to get a more effective workout in less time,” Calabrese says.



8) CURTSY-TWIST-THRUST

Works shoulders, chest, triceps, butt, quads, hamstrings

Stand with feet hip-width apart, a weight in each hand, arms by sides. Step left leg behind and across right, bending both knees [A]. Stand, turning over left shoulder to uncross legs (you'll come to face the opposite direction with feet wide) [B]. Crouch, place weights on floor, jump feet to plank [C]. Jump feet to hands; stand. That's 1 rep. Switch sides; repeat. Continue alternating sides for 10 reps.



Goal and Get It!

Your mind can make the difference between fitness success and staying stuck in your fat pants. Steal these tried-and-true mental tricks to reboot your routine and achieve the body you want. *By Kelly Mickle*

TAKE A PLEDGE.

First to-do:

Sign a contract with yourself outlining your goal. This simple commitment moves you from the contemplation stage to an action phase, making you

10X

more likely to achieve your objective, research from the University of Scranton in Pennsylvania found.

Be detail-oriented.

Instead of abstract promises, such as “I will exercise more,” draw up a game plan; you could, for instance, arrange workouts with a pal every Monday, Wednesday and Friday. “Vague goals seem overwhelming, so the more specific you are, the easier it is to concentrate on what you need to do to succeed,” says Steven Bray, Ph.D., an associate professor of kinesiology at McMaster University in Canada.



HIGH-FIVE YOURSELF.

Visualising your victory through the eyes of others (say, imagining cheering Tour de France crowds as you tackle those climbs in Spinning class) results in greater motivation to succeed, a study from York University in Canada found. The third-person perspective makes striving for our goals feel more meaningful.

WANT IT.

Simply desiring a healthy lifestyle can encourage good-for-you behaviour. People who have an intrinsically positive attitude about physical activity are more likely to engage in what experts call unintentional exercise such as walking a little farther instead of parking in the closest spot, which helps them burn more calories and stay healthy, a study in the *Annals of Behavioral Medicine* revealed.

TAKE TIME OUTSIDE

Being physically active in a green space outdoors improves mood and strengthens self-esteem, both of which are major motivators, according to research from the University of Essex in the United Kingdom. Even better: it takes only five minutes to reap the feel-good benefits, so do a lap around the park.



Post it on Facebook.

It's tempting to keep healthy aims under wraps in case you screw up, but making them public – and yourself responsible – increases your odds of success, according to research from the University of Hertfordshire in the United Kingdom. “Knowing that other people are watching helps hold you accountable and gives you an audience to share your successes with,” says Vonda Wright, M.D., the author of *Guide to Thrive: Four Steps to Body, Brains and Bliss*.

REBOUND BETTER

Don't let a single setback erase all your hard work. “Rather than dwelling on your mistake, identify what caused the lapse and use that to learn what you can do to prevent it from happening in the future,” Bray says. For example, if happy hour is your weak spot, invite friends to a yoga class instead.

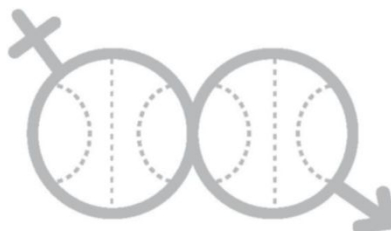
JUST SAY YES.

Will I exercise this week? Ask yourself this one simple question and you could more than double the workouts you do. People who exercised for only 10 minutes one week experienced a

138%

jump in sweat sessions the following week after posing the query – a subtle reminder to stick to their goals.

Source: *Journal of Consumer Research Reports*



DOUBLE UP.

Couples who started a new workout routine together clocked more exercise hours than people who enrolled solo, according to findings in the *Journal of Sports Medicine and Physical Fitness*. It's easier to adhere to good habits when your partner is on the same regimen. Single? Schedule a girls' kickboxing night.



REJUICE YOUR PLAYLIST. TURNS OUT, WE SLOW DOWN OR SPEED UP WITH THE TEMPO OF OUR TUNES, ACCORDING TO FINDINGS FROM LIVERPOOL JOHN MOORES UNIVERSITY IN BRITAIN. TO LIGHT A FIRE UNDER YOUR FEET, CHECK OUT SPOTIFY FOR PRESET WORKOUT PLAYLISTS.



Raise the stakes.

People who had a financial incentive to lose weight were almost five times more likely to reach their target than dieters who had no money on the line, according to research in the *Journal of the American Medical Association*.

HAVE A BACKUP PLAN.

Exercise motivation dramatically fluctuates on a weekly basis, and even small disruptions can cause you to bail, the *Journal of Sport and Exercise Psychology* reported. “Having a Plan B will keep you from veering off course,” study author David Conroy, Ph.D., says. If you miss your a.m. class, pack sneakers so you can power walk at lunch.

Brain control

Keep your mind focused and energised with these quick, mental-improvement exercises (and we're not talking Sudoku or crossword puzzles here!). *By Amanda Sura*

Psychology experts at the University of Nottingham, United Kingdom, say memorising with this method helps boost your memory power by 2.7 per cent!

THE LINK METHOD FOR MEMORY POWER

Known as a basic memorisation technique, this mind tool uses the association of words to something relatable. If you are asked to memorise 10 names in under five minutes, you'd most likely repeat them

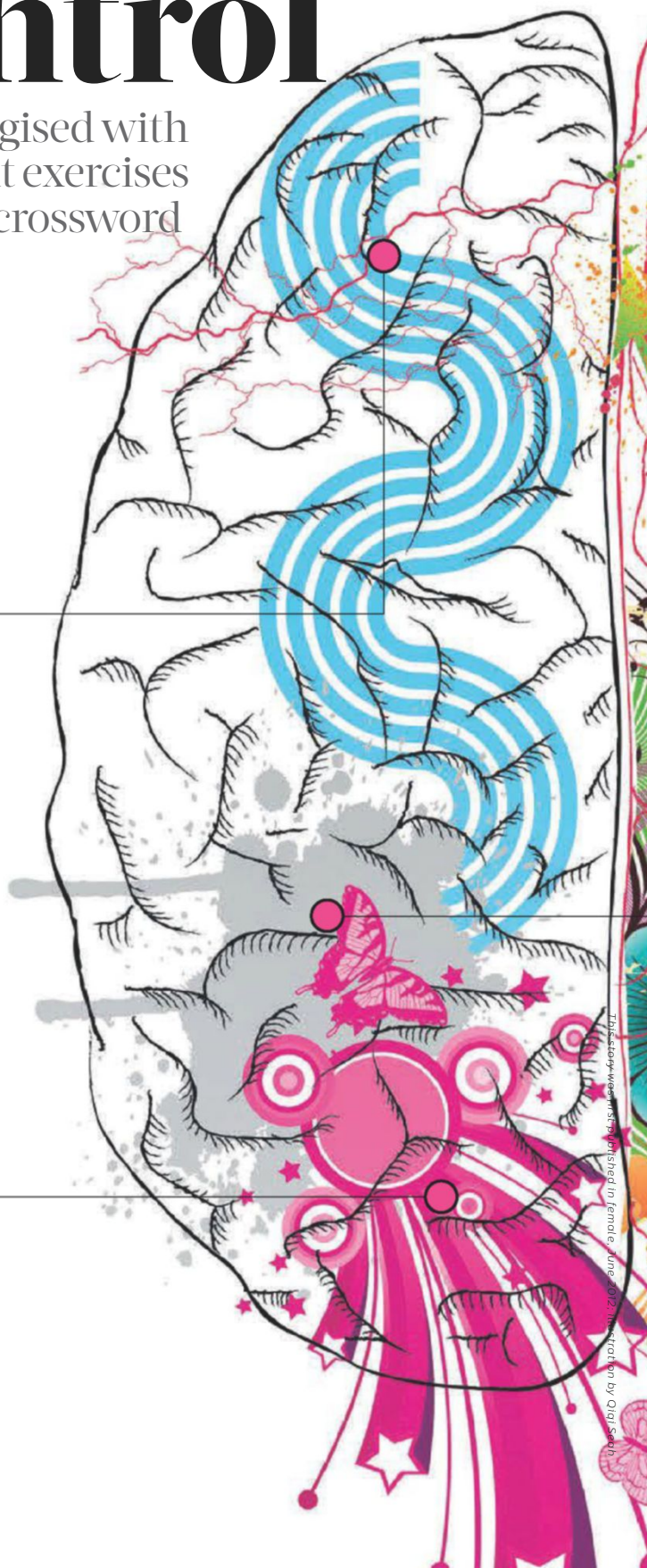
countless times but with the Link Method, you associate the names with something familiar to make remembering easier. Then you link or string them all into a sentence. See our example below!

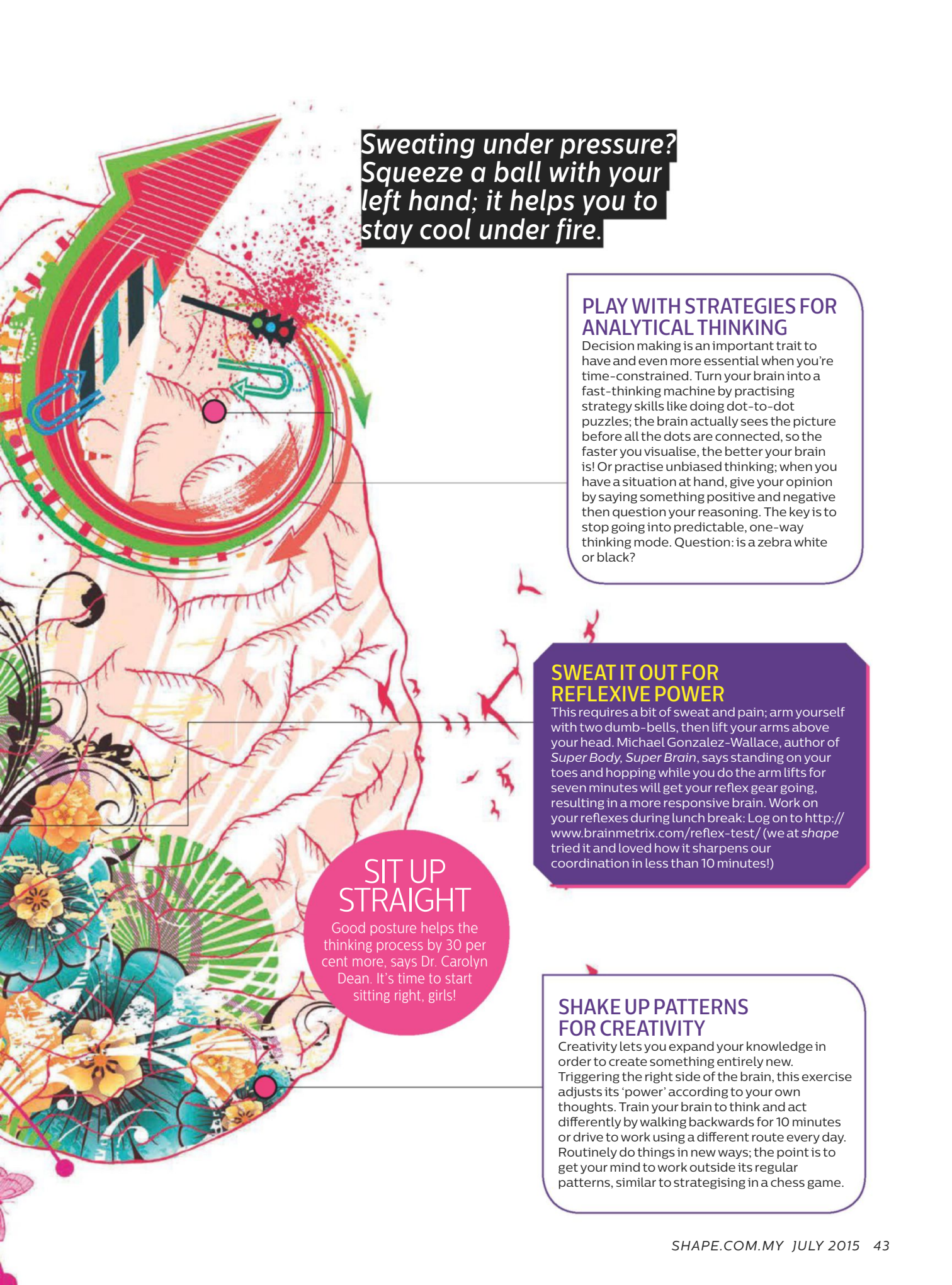
A list of counties in the south of England: Avon, Dorset, Somerset, Cornwall, Wiltshire

- An AVON (Avon) lady knocking on a heavy oak DOOR (Dorset)
- The DOOR opens to show a beautiful SuMMER landscape with a SETTING sun (Somerset)
- The setting sun shines down onto a field of CORN (Cornwall)
- The CORN is so dry it is beginning to WILT (Wiltshire).

JUMP FOR HAPPINESS

Studies have shown that jumping does make you more joyful, keeping your mind clear and sound. All you need is a skipping rope or trampoline! According to Dr. Carolyn Dean, author of *365 Ways To Boost Your Brain Power*, jumping or skipping for 15 minutes will boost your brain's 'happy juice' 20 times more (than by eating a tub of chocolate ice-cream), giving you a natural high. How's that for a weekend workout?





**Sweating under pressure?
Squeeze a ball with your
left hand; it helps you to
stay cool under fire.**

PLAY WITH STRATEGIES FOR ANALYTICAL THINKING

Decision making is an important trait to have and even more essential when you're time-constrained. Turn your brain into a fast-thinking machine by practising strategy skills like doing dot-to-dot puzzles; the brain actually sees the picture before all the dots are connected, so the faster you visualise, the better your brain is! Or practise unbiased thinking; when you have a situation at hand, give your opinion by saying something positive and negative then question your reasoning. The key is to stop going into predictable, one-way thinking mode. Question: is a zebra white or black?

SWEAT IT OUT FOR REFLEXIVE POWER

This requires a bit of sweat and pain; arm yourself with two dumb-bells, then lift your arms above your head. Michael Gonzalez-Wallace, author of *Super Body, Super Brain*, says standing on your toes and hopping while you do the arm lifts for seven minutes will get your reflex gear going, resulting in a more responsive brain. Work on your reflexes during lunch break: Log on to <http://www.brainmetrix.com/reflex-test/> (we at *shape* tried it and loved how it sharpens our coordination in less than 10 minutes!)

SIT UP STRAIGHT

Good posture helps the thinking process by 30 per cent more, says Dr. Carolyn Dean. It's time to start sitting right, girls!

SHAKE UP PATTERNS FOR CREATIVITY

Creativity lets you expand your knowledge in order to create something entirely new. Triggering the right side of the brain, this exercise adjusts its 'power' according to your own thoughts. Train your brain to think and act differently by walking backwards for 10 minutes or drive to work using a different route every day. Routinely do things in new ways; the point is to get your mind to work outside its regular patterns, similar to strategising in a chess game.

Off-target diagnosis?

When aches and pains send you to the doctor's office, you probably don't question the diagnosis. But physicians can be wrong. Up to 15 per cent of patients are misdiagnosed, research in the *American Journal of Medicine* revealed. And more than 150,000 people in the United States suffer preventable harm from an inaccurate diagnosis every year, according to an estimate from Johns Hopkins University School of Medicine. We asked M.D.'s we trust to tell us which conditions they often see misunderstood and mislabeled in active women. Here are five common mix-ups docs make, plus how to finally get the right rx so you can feel better fast.



You have an urgent need to pee all the time, and when you go, it's uncomfortable. This happens a lot.

Misdiagnosis *Urinary tract infection*

What it really is *Painful bladder syndrome (interstitial cystitis)*

With this chronic condition, the tissues of the bladder wall become inflamed, resulting in pelvic pain and the same symptoms as a urinary tract infection. However, unlike a UTI – a bacterial infection that can be brought on by sex or an errant bathroom-visit wipe – the cause of PBS is unknown. “UTIs are more common, so a lot of doctors misdiagnose the problem over the phone and just call in a prescription for antibiotics,” says Charles Ascher-Walsh, M.D., the director of gynecology at the Icahn School of Medicine at Mount Sinai in New York City. The anti-inflammatory effects of the antibiotics may make you feel better temporarily if you have PBS, but they’ll never clear up the real condition. On average, it takes about four years before a correct diagnosis is made.

The fix “When you have repeat UTIs, you need to see your doctor for an exam and additional tests,” Dr. Ascher-Walsh advises. Be sure to tell him how often symptoms occur as well as what seems to cause and relieve them. If he determines you have PBS, he may prescribe an interstitial cystitis medication which is believed to help replenish damaged areas of the bladder wall; a tricyclic antidepressant to treat the chronic pain; and/or a bladder bath, a procedure in which the doctor uses a catheter to coat

your bladder with a cocktail of meds to suppress inflammation. For at-home pain relief, try soaking in a warm bath or placing a heating pad on your achy pelvis. Drinking a glass of water with a teaspoon of baking soda, which lowers urine’s acidity, can also help. Some women find that certain foods and drinks spark or worsen their symptoms. “Eliminate the most common culprits: anything with caffeine – including chocolate – or carbonation as well as citrus and other vitamin C-rich foods,” Dr. Ascher-Walsh suggests.

The inside of your ankle hurts when you run or walk, and it looks a little red and swollen.

Misdiagnosis *Ankle strain or sprain*

What it really is *Excessive foot pronation*

With normal pronation, after your heel strikes, your foot rolls inward until it’s flat on the ground. Then, when you push off to take a step, your weight shifts to the front inside of your foot and the big-toe joint. Overpronators, however, continue to roll farther to the inside as they shift their body weight. This motion puts strain on the tendons and ligaments around the ankle, causing pain that can be dull and achy at times and sharp at others.

The fix Many specialty running stores do gait analysis, which captures your foot motion on camera as you run and indicates whether you overpronate. You can also look at the bottom of your running shoes or everyday flats to check the wear pattern: if the heels are more worn down on the inside edge, tilting inward toward the arch,

you’re rolling in too far with each stride. “Try orthotics or arch supports to limit pronation,” says Joe Ellis, a podiatrist and the author of *Running Injury-Free*. Also, choose stability shoes for your workouts, and whenever possible wear casual and dress shoes with firm backs for maximum support.

You wheeze, cough, can’t catch your breath and feel fatigued when you exercise.

Misdiagnosis *Bronchitis*

What it really is *Exercise-induced asthma*

EIA is a no-brainer for your doc to ID if your symptoms stop when your workout ends. It gets tricky, though, if you have signs only once in a while or if the cough and fatigue last for days, which is especially common if you have allergies.

The fix Tell your doctor about the onset and severity of symptoms, how long they last, what aggravates or alleviates them and how hard you work out. Ask her for a pulmonary function test with a methacholine challenge, which measures your lung capacity and rate of airflow, says Robert W. Jones Jr., M.D., an internist and a quality-review officer at the Cleveland Clinic Medicine Institute. Although EIA is a chronic ailment, symptoms usually improve with gradual cardiovascular conditioning and the avoidance of potential triggers, such as exercising outdoors where there’s heavy air pollution and swimming in chlorinated pools. You may need to puff on a quick-relief inhaler to open your airways before

FIND OUT WHAT’S REALLY WRONG STAT

“Lack of time, the misguided use of technology, and poor communication are often to blame for misdiagnoses,” says Robert W. Jones Jr., M.D., an internist at the Cleveland Clinic Medicine Institute. Take these steps to keep mix-ups to a minimum.

Choose a doctor who spends a lot of time with you.

If your M.D. is overbooked, he’s more likely to make a hasty call, Dr. Jones says. Search for a new one; ask around for reviews from other patients.

Step away from Google.

A 2012 Pew Research Center study found that 40 per cent of women self-diagnosed online, and then 55 per cent of them

followed up with a doctor. That’s dangerous because you may report only the symptoms that confirm your own assumptions. Keep a diary of all your symptoms, make a list of questions and bring both to your appointment.

Don’t skip follow-up visits.

“Doctors often need to monitor symptoms and try different treatments to make a correct diagnosis,” Dr. Jones

explains. “Make sure your physician is asking appropriate, probing questions about your problem and how you’re responding to treatment, as well as listening to your answers and explaining the next steps in a way you understand.” Don’t be shy about speaking up if what he’s telling you doesn’t seem quite right.

and sometimes during your workout. Check with your physician.

You're dizzy and weak during exercise. Whoa, you almost fainted!

Misdiagnosis *Dehydration*

What it really is *Low blood sugar (hypoglycemia)*

It's easy for doctors to mistake hypoglycemia for dehydration in active people. Dehydration is more common, and it can trick you into thinking you're hungry. With either condition, you feel better after downing juice or a sports drink, but if your blood sugar is low, it's the sugar, not the hydration, that helps. "There's a mistaken belief that healthy people with a normal sugar metabolism cannot exercise to the point of low blood sugar, but they can," Dr. Jones says.

The fix Keep a food and exercise diary and give your doctor a detailed history of your diet, fluid intake and workout habits. To avoid episodes, stabilise your blood sugar by eating a snack with protein and fat, such as a banana with peanut butter, two hours before exercising. Also, sip a sports drink or energy gel every 20 to 45 minutes during workouts that last longer than an hour, Dr. Jones advises.

You're feeling moody and anxious, you can't focus, and you just want to take a nap. You've also gained weight.

Misdiagnosis *Depression*

What it really is *Underactive thyroid (hypothyroidism)*

When the thyroid gland doesn't produce enough hormones, bodily functions slow down, making you feel sluggish and irritable. "I see this as having been misdiagnosed as depression in many patients who come to me," says Robert McConnell, M.D., an endocrinologist at New York-Presbyterian Hospital/Columbia. Hypothyroidism can begin in your twenties and thirties, and it occurs after 15 to 20 per cent of pregnancies, when it may be mistaken for postpartum depression. Other symptoms include

increased sensitivity to cold, thinning hair, dry skin and constipation. Your general practitioner may run only the most basic thyroid test, which isn't always accurate.

The fix See an endocrinologist, who will conduct more sensitive tests to determine your levels of thyroid-stimulating hormone (TSH) and another hormone called T4. Ask her to also check your levels of free T3, free

T4, total T3, reverse T3, antithyroid antibodies and sex hormone-binding globulin (SHBG). These help diagnose a low-functioning thyroid, which is often missed by many physicians, according to the U.S.'s National Academy of Hypothyroidism. The condition is typically treated with thyroid hormone-replacement meds, and it takes several months for symptoms to improve.





eat right

What 1,800 calories looks like

That's what you should be eating daily, give or take, but do you know how much food that actually includes? Here's a visual of three different diets.

By Rachel Meltzer
Warren, R.D.N.



Photographs by Travis Rathbone



VEGAN

NO MEAT, DAIRY, OR EGGS

DINNER (602 calories):

Tofu stir-fry with peanut sauce

(85g tofu + ½ cup chopped broccoli + ½ cup sliced carrots + ½ cup chopped cauliflower sautéed in 1 teaspoon canola oil + ⅓ cup peanut sauce + ¾ cup brown rice)

DESSERT (77 calories): **1 small apple**

VEGAN (continued)

BREAKFAST

(402 calories):

Strawberry-almond smoothie

(1 cup frozen strawberries + 1 large frozen banana + 1 tablespoon almond butter + 1 cup vanilla soy milk + water as needed to thin)



LUNCH (499 calories):

Veggie sushi lunch

(1 vegetable roll + 1 cup steamed edamame)

SNACK (233 calories):

Hummus and peppers

(½ cup hummus + 1 cup sliced red and yellow peppers)



MODERATE CARB, MODERATE PROTEIN

ABOUT 40 PER CENT CARBS, 30 PER CENT PROTEIN

BREAKFAST (487 calories):

Cottage cheese and berries

(1 cup low-fat cottage cheese + 1 cup blueberries + 1 cup raspberries + ¼ cup slivered almonds)

SNACK (197 calories):

Cheese, fruit, and nut plate

(43g low-fat cheddar + 1 small pear + 10 pistachios)

LUNCH (388 calories):

Veggie burger with greens

(1 light multigrain English muffin + 1 soy-based veggie burger + 28g low-fat Swiss cheese + 1 tomato slice + 1 red onion slice + 1 lettuce leaf; 2 cups salad greens + 2 teaspoons olive oil + 1 tablespoon balsamic vinegar)



SNACK (265 calories):

Mini pizza (1 small whole-wheat pita + 2 tablespoons tomato sauce + 1 teaspoon olive oil + 57g low-fat mozzarella)

DINNER (466 calories):

Saucy halibut with rice

(142g broiled halibut; 1 cup canned tomatoes + ¼ cup onion + 2 garlic cloves + 3 cups spinach + 6 sliced black olives, sautéed in 1 teaspoon olive oil; ½ cup brown rice)



PALEO

MOSTLY ANIMAL PROTEIN,
FRUIT, VEG, NUTS, SEEDS

BREAKFAST

(270 calories):

Egg 'muffins' with cantaloupe

(2 pasture-raised
jumbo eggs +
4 tablespoons
chopped tomatoes
+ ½ teaspoon
chopped basil +
1 tablespoon water
[bake in 2 muffin
cups at 190°C for 20
minutes]; 1½ cups
cantaloupe cubes)

SNACK

(150 calories):

20 green olives

LUNCH

(609 calories):

Turkey roll-ups with fruit

(170g pasture-
raised turkey breast
+ ½ cup sliced
cucumber + ½ cup
carrot sticks + ½ cup
guacamole;
1 large orange)

*Images
of portions
help you
serve
yourself
the right
amount.*

DINNER

(647 calories):

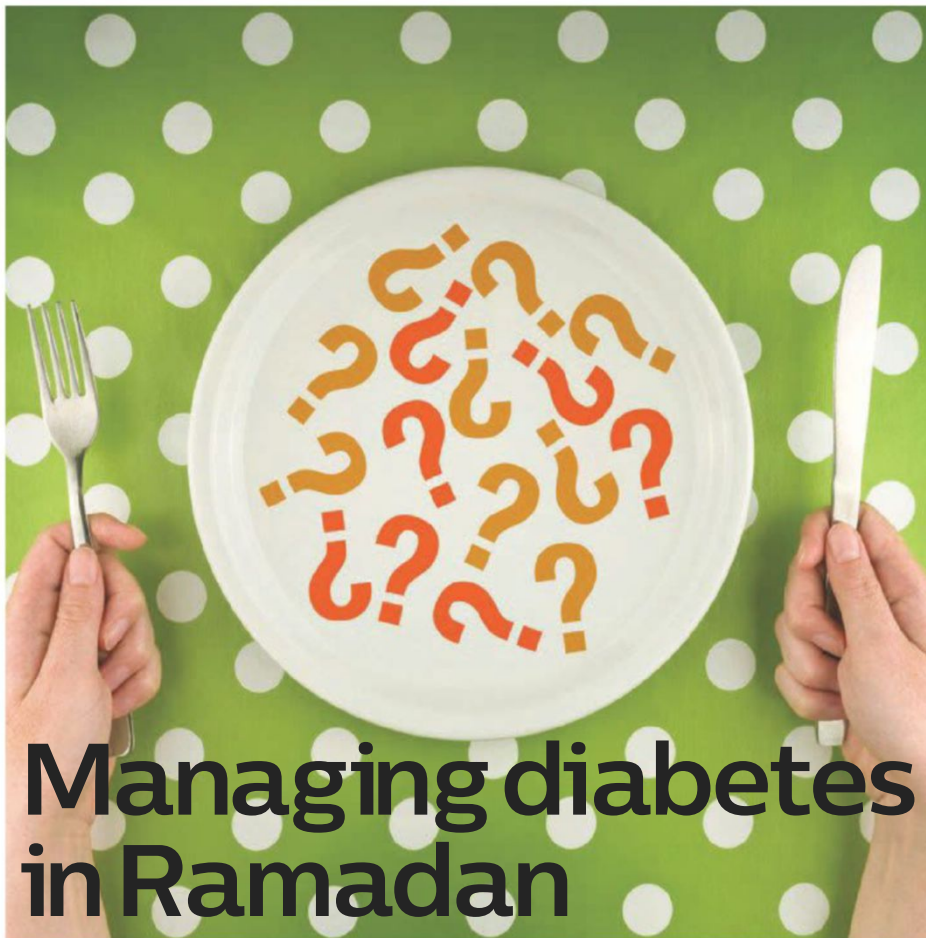
Grass-fed beef kebabs with pineapple cauliflower fried 'rice'

(170g grass-fed
sirloin + 5 cherry
tomatoes + 1 large
onion slice +
¼ cup sliced yellow
summer squash;
1½ cups grated
cauliflower +
2 tablespoons
cashews + ¼ cup
cubed pineapple +
spices sautéed in
1½ tablespoons
coconut oil)

DESSERT

(99 calories):

1 cup mango chunks



Managing diabetes in Ramadan

With a safe and structured plan, diabetics can reap the health benefits of fasting too! *By Sia Wendi*

With the month-long changes in meal times, Muslim diabetics who choose to fast may face an increased risk of acute diabetes-related complications such as hypoglycaemia, hyperglycaemia and dehydration. In fact, there are higher rates of emergency department admissions and hospitalisation for diabetes emergencies among diabetics who fast during Ramadan, says Dr. Zanariah Hussein, consultant endocrinologist at Hospital Putrajaya.

Once you've been given the green light to fast by

your doctor, you need to follow a structured Ramadan-focused plan to ensure effective glycaemic control. According to the *Practical Guide To Diabetes Management During Ramadan* (a collab between the Ministry of Health and the Malaysian Endocrine and Metabolic Society (MEMS), with Novartis Pharmaceuticals funding), you need to know the 411 on: meal and dietary planning; exercise timing and intensity; blood glucose monitoring; knowing when

to end the fast; and recognising and managing acute complications. An edit of your diet protocol for Ramadan-fasting:

NEVER SKIP SAHUR

And that goes for everyone else who's fasting too! Have a balanced meal with adequate complex carb (brown rice, wholemeal

bread, oats, barley, beans, lentils), high-fibre fruits and veggies (bananas, mango, sweet potato, carrots),

and lean protein; these slow energy-releasing foods keep your blood sugar steady throughout the day. *Sahur* should be taken as late as possible (just before *imsak*) to avoid unnecessary prolonged fasting.

DO NOT DELAY BUKA PUASA...

Take one to two *kurma* (dates) at the start of *iftar*; as a source of sugar, fibre, carbs, potassium and magnesium, they make an excellent quick fuel fix. You're encouraged to have the main meal after *Maghrib* prayers.

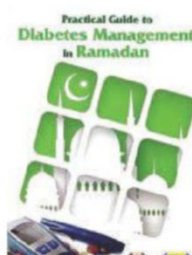
... AND PRACTICE MODERATION

Distribute your calories over two to three smaller meals during the non-fasting interval; excessive binging contributes to the risk of hyperglycaemia (high blood sugar level) and weight gain. Limit intake of sugary, fried, fatty and salty foods; high-fibre cabs are encouraged at *all* meals.

DRINK UP

Drink adequately at *sahur* and post-*iftar* to replenish fluid loss during the day. Make sure you down eight glasses a day, and choose sugar- and caffeine-free drinks. Avoid *kicap* and other salty foods to reduce risk of dehydration.

Conduct self-monitoring of blood glucose (SMBG) regularly or if you're feeling unwell, to detect hypoglycaemia or hyperglycaemia. Finger prick for SMBG or insulin injection does not constitute breaking of fast.



You can download this guide on www.mems.my.

You smooth, you lose...

You don't need to hire a personal chef (as if!) or resign yourself to starvation to get beach-ready. All you need is a blender. "Blending is one of the quickest, easiest ways to prep healthy foods, especially fresh fruits and veggies," says Harley Pasternak, trainer, nutrition expert and author of the book, *The Body Reset Diet*. Turn the page for his favourite smoothie recipes plus details on how they can kick-start your metabolism and keep it fired up for good. *By Juno DeMelo*

Pretty Delicious

You know your diet should include a variety of colours. Consider these recipes your ticket to that pot of gold at the end of the rainbow: a bikini body! For each, put the yogurt in first, then add the solid ingredients and blend until smooth. Depending on how thick you like your smoothies – and how powerful your blender or food processor is – you may need to thin these out with a little liquid, such as non-fat milk.

Tropical Morning Smoothie

170g plain non-fat Greek yogurt
½ cup fresh or frozen mango chunks
½ cup fresh pineapple chunks
1 frozen banana, chopped
2 tablespoons ground flaxseed

Nutrition facts per smoothie
368 calories, 22g protein, 60g carbohydrate, 7g fat (0.9 g saturated), 9g fibre, 68mg sodium (shown at right)

PB&J Smoothie

113g plain non-fat Greek yogurt
2 cups chopped fresh or frozen strawberries
1 frozen banana, chopped
2 teaspoons smooth peanut butter
½ cup ice

Nutrition facts per smoothie
327 calories, 18g protein, 55g carbohydrate, 7g fat (1.4 g saturated), 9g fibre, 94mg sodium (shown on previous page)

Sweet Spinach Smoothie

170g plain non-fat Greek yogurt
2 cups spinach leaves, packed
1 ripe pear, peeled, cored and chopped
15 green or red grapes
2 tablespoons chopped avocado
1 to 2 tablespoons freshly squeezed lime juice

Nutrition facts per smoothie
316 calories, 21g protein, 52g carbohydrate, 6g fat (0.9g saturated), 9g fiber, 115mg sodium

The Skinny on Slimming Down

Amanda Seyfried, Hilary Duff and Katy Perry all credit their hot bods to trainer and nutrition expert Harley Pasternak. Here's his tailored-to-you advice.

My metabolism is definitely slowing. How can I rev it up?

Graze, don't gorge. Studies show that smaller, more frequent meals shift your metabolism into high gear, which is why my plan has you eating five times a day.

Is there a healthy way to lose weight this week?

In the long term, moderation is key. But if people don't see results quickly, they tend to give up. So I suggest having three smoothies and two snacks a day for five days, then two smoothies, a solid meal and two snacks a day for five more days. You'll lose weight right away because the smoothies have fewer calories than your average meal, but they're so filling, you won't feel deprived. Then for the last five days, you taper off to just one smoothie a day, which is something I suggest keeping up for life.

What's so great about smoothies?

For one thing, they're incredibly convenient: you just throw everything into a blender and press a button, which eliminates any excuse for not eating right. For another, they're high in volume, so they take up a lot of space in your stomach. Best of all, the blades of the blender slice through the cell walls of all those fruits and veggies, making their nutrients, like fibre, protein and healthy fats, easier for your body to absorb. And the more fibre you get, the fuller you feel, which means you can eat less and still be just as satisfied.

1

A liquid base

Pasternak favours milk – 1 per cent or non-fat – because it's rich in vitamin D and calcium, which can help your body break down fat. But non-dairy milks, like soya and almond, are fine too, he says, as is flavoured water.

2

Lean protein

Getting protein at every meal helps you maintain lean muscle mass, which means you burn more calories throughout the day. Your best bets: plain non-fat yogurt, silken tofu or unflavoured protein powder.

3

Healthy fats

These give you energy, make your smoothie satisfying and help your body absorb vitamins. Use up to two tablespoons of an ingredient that contains the good, that is, monounsaturated kind like avocado, seeds or nuts.

4

High-fibre carbs

Any fruit will do, but raspberries and blueberries deliver the most fibre and the least amount of sugar. As for veggies, spinach and cucumber have the mildest, easiest-to-mask flavours.

Build a Better Smoothie

Here are the four things you need to create your own tasty, healthy combos.



Smart sip

According to the European Food Safety Authority, women need 2L of water – and if you burn 3,000 calories a day, you need about 3L, says sports dietitian Julie Upton, MS, RD, CSSD. But, it's a whole different ball game during the pre-menstrual phase of your cycle. As your progesterone and oestrogen levels go up, so does your core temperature – causing your body to lose sodium. Abnormally low levels of the element in your blood can lead to hyponatremia, causing headaches, cramps and vomiting, among others. You'll lose around eight per cent plasma volume too (the watery part of the blood), which decreases your heat tolerance and burns you out faster, says Stacy Sims, Ph.D., exercise physiologist and nutrition scientist.

So sip smarter to keep PMS in check and improve your premenstrual-workout performance. Rehydrate properly with water, plus a small amount of electrolytes (such as sodium and potassium) and sugars (such as glucose and sucrose) to transport water into your blood.

Revive Isotonic is fortified with electrolytes and B vitamins needed to rehydrate your bod, especially during high-intensity training that lasts more than an hour. The drink comes in three flavours – Original, Lime Burst and Apple Zest – and is available nationwide.



SOCIAL FITNESS
Track your running/
cycling performance
with Rev-Fit (Google
Play / iTunes).



The nutrient you need now

You know calcium is good for your bones, but potassium also plays a huge role in keeping them strong. **Your bone tissue is constantly being broken down and rebuilt; when it's broken down more than it's rebuilt, your bones get weaker.** In a study at the University of Surrey, researchers found that a high intake of potassium salts, which are in all fruits and vegetables, significantly reduced the breakdown. Eat five to eight servings a day of your favourites to keep your bones healthy, says study author Helen Lambert, Ph.D.



Eat to boost concentration

The right nutrients help you think clearly, so keep these foods in regular rotation, Joy Dubost, Ph.D., R.D., says.

TURMERIC

The curcumin in it stops the plaque buildup between the brain's nerve cells that causes inflammation. Use turmeric to season scrambled eggs.

COFFEE

Caffeine blocks receptors for adenosine, a chemical in the brain that causes fatigue. Dubost recommends 355ml of java a day to improve alertness.

BLUEBERRIES

Their antioxidants protect the brain against memory loss. Two cups of blueberries in a smoothie can boost your attention five hours later, research shows.

AMARANTH

This quick-cooking grain is a good source of B vitamins, which help convert food to glucose to fuel your brain. Eat it as a side dish, or add it to homemade granola.



Eat Bread, Lose Weight?

Blame white, refined and bleached flour for bread's bad rap. With a high glycaemic index, it promotes the over-secretion of insulin, causing excess fat. Registered nutritionist Dr. Joey Shulman, founder of the Shulman Weight Loss clinics in Toronto, Canada, wrote on *Canadian Living*: "The right type of bread is totally acceptable and even recommended for weight loss and weight maintenance". Shulman's tips? Select high-quality bread that's packed with fibre (minimum of 2g per slice of bread is ideal), minerals and vitamins, and is low on the glycaemic index. Look for the words: 100% wholewheat or wholegrain before the name of the grain. Why wholegrains? As they're absorbed more slowly and keep your glucose and insulin levels under control, they make an ideal source for fuel and weight loss!

TRY Massimo's 100% Whole Wheat Duetto and Favorito cream rolls, baked using unbleached 100 per cent wholewheat flour. Snack on one on the way to the gym, or when you're experiencing an afternoon slump.

It's time for...

Blackberries

You know them as a sweet-tart treat, but chefs love the versatility of these juicy berries. We collected two savoury twists on the healthy fruit (we're talking 8g of fibre and just 62 calories per cup) to invite you to think outside the smoothie.

PICKLE THEM

“Place 455g of blackberries in a large bowl. In a small pan, combine $\frac{2}{3}$ cup water, $\frac{1}{2}$ cup white balsamic vinegar, $\frac{2}{3}$ cup sugar, a sprig of fresh rosemary, $\frac{1}{2}$ teaspoon red chile pepper flakes, $\frac{1}{4}$ vanilla bean, and $\frac{1}{2}$ bay leaf and bring to a boil; pour over blackberries and let cool to room temperature. Transfer to a container, chill overnight, and enjoy on salads or with a meat-and-cheese plate. Eat them within two weeks.”

—**Jeff Mahin**

Chef and partner at M Street Kitchen in Los Angeles



MAKE A VIBRANT VEGGIE SIDE

“Add a few drops of grapeseed oil to a hot pan and toast 15 brussels sprouts. Set aside to cool. Make a blackberry vinaigrette by mixing together 3 tablespoons grapeseed oil; 1 tablespoon red wine vinegar; 5 smashed blackberries; the zest of $\frac{1}{2}$ orange; $\frac{1}{4}$ Thai or serrano pepper, minced; 1 teaspoon honey; and salt to taste. Drizzle sprouts with some of the dressing (store extra in the fridge) and top with toasted Marcona almonds, 5 whole blackberries, and shaved Manchego cheese.”

—**Luis Pous**

Executive chef at Asia de Cuba in New York City

SHAPE recommends

Enjoy contemporary global dishes cooked over the brisk flames of charcoal fire at **Bakar**. Be it a Korean spin on charred short rib with homemade kimchi, or a Japanese-influenced grilled *hamachijaw* with lychee salad, the eatery aims to bring adventure back onto the dining table. Stowed away in the enclave of Lorong Kurau, Bangsar, Bakar's ambience and design is a reflection of its kitchen philosophy: simple fare with dramatic flair! We can't get enough of its:



CHARGRILLED LAMB SHOULDER, RM38

Served with lemon, yogurt, flatbread
Star ingredient Lamb, which is high in protein (for cell repair and growth), zinc (boosts body's immune system), and iron (for formation of new blood cells and oxygen transfer throughout your body).



CHARGRILLED CHICKEN LEG, RM28

Served with pickled radish, toum and flatbread
Star ingredient Toum, a garlic sauce common to the Levant and Egypt. Garlic helps keep your heart in its best possible shape by reducing blood pressure, preventing blood clots, and reducing LDL (bad cholesterol) and increasing HDL (protective cholesterol).



COCONUT, LYCHEE & RASPBERRY POPSICLE, RM10

Star ingredient Coconut. High in fibre, it helps promote intestinal health and get things moving; if you know what we mean! Coconut's also a great source of manganese, which has been shown to support the immune and nervous systems.

Image from INCIIMAGE



Day-long detox

Hit the reboot button, and get your body back on track with our plan – and Juice Works!

Overindulged on a night out with your besties, and need to quickly reset your digestive system? Consider this one-day detox plan to flush out all the toxins, and thus feel lighter, 'cleaner', and more energised – it's also great for newbies who aren't ready to go on a longer programme just yet. Please consult your family physician before you start juicing!

BREAKFAST

Start your day with a glass of freshly-pressed fruit juice; packed with fructose – a natural sugar that's easily converted into your body's principal source of energy, glucose – it instantly preps your body for the long day ahead.

Fresh from the Juice Works bar Wake Me Up is a low-fat cocktail of orange, banana and strawberries.

LUNCH

Mix beetroot into your juice to beat the afternoon slump; it's been shown to boost stamina by increasing the oxygen delivery to cells. If your body's screaming for caffeine, down a wheatgrass shot; its easy digestibility and rapid assimilation nourishes your body with essential nutrients, supplying it with energy, stat.

Fresh from the Juice Works bar Liver Tonic has a generous mix of beetroot, orange, pineapple, carrot and celery.

TEA TIME!

A poor digestion can lead to poor nutrient absorption; to reap the most out of your detox, have a papaya and ginger juice. Both contain enzymes that help improve your digestion – and they'll also satisfy your snack cravings!

Fresh from the Juice Works bar Tummy Calmer's a yummy blend of orange, papaya, pineapple and ginger.

DINNER

Drink your stress away with a refreshing cup of cucumber and watermelon juice. These natural stress busters are packed with multiple B vitamins, which aids in relieving stress and anxiety. As it uplifts your mood, get ready for a good night's sleep – and an even better morning!

Fresh from the Juice Works bar Spring Clean's a refreshing combo of apple, cucumber and watermelon.



FOR FUSS-FREE JUICING

Save time (no need to wash the blender, hurrah!) with a trip to Juice Works. Its garden-fresh juices and smoothies are great for those who are always on the go. For Juice Works locations, head to: juiceworks.com.my.

A woman with dark hair tied back, wearing a bright blue two-piece bikini, is captured mid-jump against a clear blue sky with some light clouds at the bottom. She has her arms raised high above her head and her legs are extended downwards, conveying a sense of freedom and joy. The overall image is bright and positive, serving as a background for the text.

live healthy

Why you need a personal mission statement

It defines what you value most and drives you to achieve the individual goals that lead to a happier, more purposeful life.

By Mirel Ketchiff

IF SOMEONE ASKED you to name your goals, you would probably have no problem rattling off a quick list: things like do more yoga, lose five kilos, stop wasting money.

What's harder to identify are the reasons you set these goals in the first place. Understanding *why* you want to achieve them is what will truly motivate you to change your behaviour and sustain it over the long term, Jack Groppe, Ph.D., says.

That's where the personal mission statement comes in. Put simply, it's a declaration of the values that ground you. That statement becomes a force to help guide you and keep your ambitions focused and identifiable. "Knowing your purpose is the single greatest driver of engagement," explains Groppe, a cofounder of the Johnson & Johnson Human Performance Institute, who helps clients craft mission statements. "It's what encourages you to grow as much as you possibly can and fuels you to push forward when you suffer a setback." Think of it as your grand plan, a North Star that dictates your decisions and behaviours. Here's how you can create your own mission statement – and lean on it to achieve success.

Map out your mission

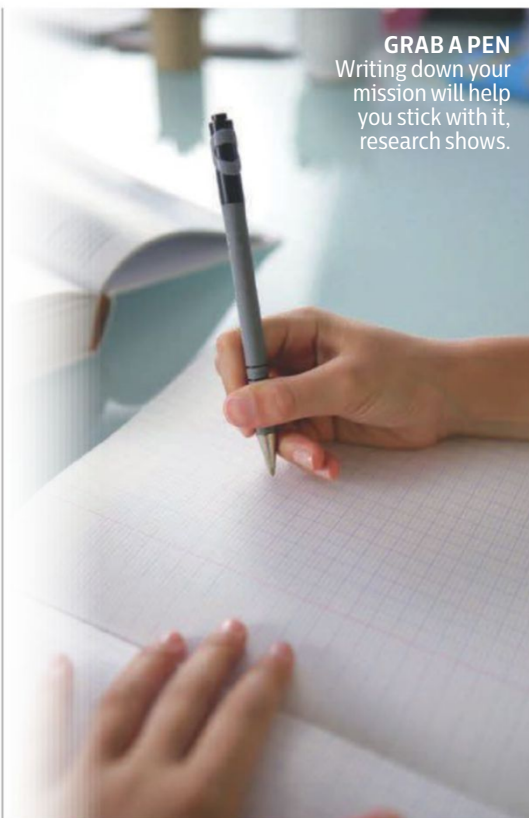
Start by jotting down the principles that matter most to you – perhaps enjoying every moment of your life, feeling strong and undefeatable, having a circle of friends you adore, or being completely comfortable with who you are. These are the things that will inspire you to make changes and stick with them, Groppe says. Then come up with a sentence that incorporates these ideals and sums up your ultimate purpose, such as "I want to live a passionate, engaged life in which I face new challenges bravely and positively." That's your mission statement. To help you internalise it, write it down in attractive lettering, snap a picture of it with your cell, and use it as your phone's screen saver.

Look for the holes

Next, think about anything you're doing that goes against your mission. For instance, if you're often plagued by self-doubt, consider what activities make you feel confident – your dance classes, getting together with friends – and allocate more time to them. You start figuring out a way to overcome an obstacle only when you admit to it.

Make it happen

Of course, just having a mission statement isn't going to cause your life to suddenly fall into place. But it will inspire you to tackle the changes you need to make and see them through for the long haul. That's because knowing your ultimate purpose helps you understand the true consequences of your actions, Groppe says. In other words, skipping the gym doesn't just mean you'll feel guilty; it also shows that you're not living the active lifestyle you've promised yourself – and that realisation is powerful. To avoid becoming overwhelmed, tackle one small change every 90 days. Groppe says this time frame is crucial: it takes about 45 days to learn a new habit and approximately another 45 for it to become ingrained. So if part of your mission is to meet more people, start by making sure you go out one night a week with a friend or to an event. Once that becomes routine, up the booking. And so on, until mission accomplished.



GRAB A PEN
Writing down your mission will help you stick with it, research shows.

5 key questions to ask yourself

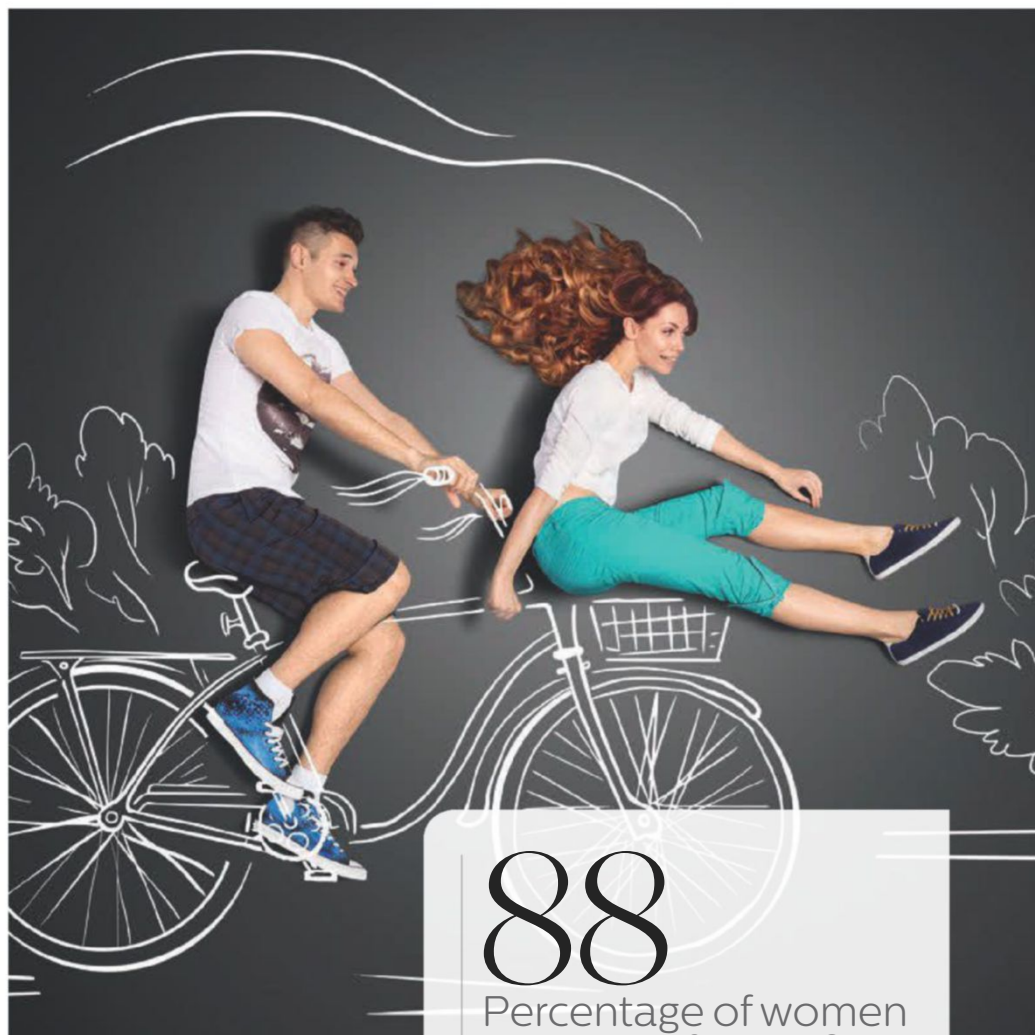
Nailing your mission statement takes some honest thinking. Jack Groppe, Ph.D., says your answers to these prompts will help you form it.

1. How would I want people to describe me?
2. What legacy do I hope to leave?
3. What makes me feel happiest or most fulfilled?
4. Why do these things matter to me?
5. How do I define success?

Keep calm, and get it on

Reducing stress has a surprising payoff: it can make your sex life sexier, says Sheryl Kingsberg, Ph.D., a psychologist specialising in sexual medicine at University Hospitals Case Medical Center, who reports seeing more and more couples with stress-stalled love lives. Anything that makes you tense – a tough week at work, a milelong to-do list – ramps up your body's production of the stress hormone cortisol, which in turn lowers your level of testosterone, the hormone that helps regulate desire, research from Erasmus University in the Netherlands found. The good news: as soon as you chill out a little, your testosterone will rise and your sex drive will start to return to normal.

Instead of worrying about the problem, which will only increase your tension, be proactive: invite your guy on a Sunday bike ride, because getting sweaty spikes arousal, according to findings in the *Journal of Sexual Medicine*. And do things that bring both of you closer, advises sex educator Emily Nagoski, Ph.D., the author of *Come As You Are*. Curl up on the couch and watch a movie together, and kiss him before you head out the door in the morning. Gestures like these pump up your levels of oxytocin, the 'love hormone', which will lower cortisol levels, strengthen your bond, and help the two of you get back on track.



88

Percentage of women exercising four to five days a week who rate their own sexual performance as above average.

SOURCE: Electronic Journal of Human Sexuality

I'm due to get my period the same day I'm running a 10K. Is it going to slow me down?

Not necessarily. On day one of your period, progesterone and oestrogen levels are low, says Stacy Sims, Ph.D., an exercise physiologist and nutrition scientist. As a result, your core temperature drops and your body has an easier time using stored carbohydrates for fuel, so you can push yourself harder. If cramps are an issue, take acetaminophen with caffeine (which will boost the pills' effectiveness) roughly 45 minutes before your race. Avoid aspirin; popping it before exercise may harm your intestinal lining, studies show.

Image: iStockphoto



This will help your back...

Whether you've been hitting the gym aggressively or somehow triggered a chronic injury, there's a reason to rethink your usual back pain fix: the painkiller acetaminophen isn't any more effective than placebos at easing your aches, a recent study in *The Lancet* found. For med-free relief, try these three study-proven treatments.

1 STRETCH IT OUT

Women who did an hour of yoga three times a week had a 66 per cent reduction in aches after 12 weeks, while those who did nothing experienced a 16 per cent increase in pain, South Korean researchers reported. Yoga boosts your body's production of neurotrophic factor, a protein that helps block damaged nerves from sending pain signals to the brain.

2 LOOK TOWARD THE LIGHT

You've heard of bright-light therapy for seasonal affective disorder; well, it works for back pain, too, according to a new study in the journal *Pain Medicine*. That's because light exposure, from the sun or a light box, influences levels

of serotonin and melatonin, two hormones that regulate pain management. The study-prescribed dose is a half hour of 5,000-lux light (that's about half the strength of indirect midday sun) three times a week.

3 PRESS THIS TRIGGER POINT

Massaging your ears to ease back pain sounds out there, but research confirms it: people who stimulated pressure points on their outer ear for three minutes three times a day experienced a 75 per cent reduction in pain intensity after four weeks, a 2013 study from the University of Pittsburgh found. The right spot: just above the hollow of your ear, where the cartilage begins to fold.

...AND THIS WON'T KILL IT!

"Many don't realise that their bag can affect their neck, shoulders and back. That can keep you from having good posture, and thus, from living your healthiest life," says Nancy Evans, Global Business Development Director of the Healthy Back Bag Company. No matter how you wear it – on one shoulder or across your back – the **Healthy Back Bag** (from RM179, Bratpack) moulds to the shape of your body, and delivers carrying comfort. The key lies in its unique teardrop shape: **it distributes the weight you're carrying evenly along the length of your back, rather than pulling from one point on your shoulder.** As it rests on more places on your body, it feels lighter thus promoting good posture! Healthy Back Bag's pocket configurations (four on the outside, five/six on the inside) keeps it clutter-free too. Here are some organising tricks from Evans:



For instant grab-and-go access, carry your water bottle, mini umbrella or sunnies in the gusset pocket.

Slip your purse, passport and smartphone in the zipped compartment for safekeeping.



A cradle for your power bank when your smartphone's plugged in.

Use the key hook, and say goodbye to 'Hmm... where did I put my keys?' moments.



Own it!

Whether you're braving a party alone, stepping into your first CrossFit class or chasing your dream job, being successful is all about attitude. "If you don't think you have what it takes to get it done, there's a good chance you'll fall on your face," says Sian Beilock, Ph.D., the author of *Choke: What the Secrets of the Brain Reveal About Getting It Right When You Have To*. "But if you can focus on why you should succeed, it will get you in the mindset to tackle whatever comes your way." Here's how to handle six stressful situations with supreme confidence. *By Rachel Sturtz*

Socialise Solo

You're all dressed up and surrounded by no one you know. Don't sweat it; you can circulate and shine in a party full of strangers, no wingwoman or liquid courage required. Scope out the scene and walk up to a group of guests who seem as if they're having a good time, says Susan RoAne, the author of *How to Work a Room*. Introduce yourself and explain your connection to the hostess to give them context. Instead of telling them your job title (financial planner, say) when asked, explain what you do in a humorous way ("I help rich people sleep better at night"). It breaks the ice and leads to questions. If there's not a group you can easily join, rescue another guest who's standing alone. When you focus on making others feel comfortable, you'll forget about how awkward you feel, RoAne says.

Everyone loves a good story, so keep the convo going with anecdotes of interesting things that happened to you or your friends. Or, in a pinch, pull from the day's upbeat headlines. "People always disparage small talk, but when you're at a party, you're not going to start with gun control or war," RoAne says.

Wing a Work Presentation

You've mostly finished your PowerPoint deck and pretty much know what you're going to say. Keep it short and snappy and your boss and colleagues won't suspect that you spent last night lost in a *Walking Dead* binge. "Nervous people who haven't prepared tend to talk too long and usually don't

make sense," says Nick Morgan, a communication coach and the founder of Public Words, Inc. Audiences can retain only so much information, which becomes even more of a problem when you ramble. So if your talk is supposed to be 15 minutes, stop at 10 and do a Q&A, or tell your audience to chime in with their ideas throughout. To keep nerves under wraps, breathe deeply from your stomach and focus on something familiar, such as a colleague. "Convey fear and everyone will be on edge," Morgan says. "Convey comfort – smile, laugh, be excited – and you'll own the room."

Finish a 10K on the Fly

The old adage says it's better to be 10 per cent undertrained than 5 per cent overtrained on race day. But what if the former hovers around 20, 30 or even 40 per cent? Running coach and Olympian Jeff Galloway says you'll be able to complete the race as long as you're honest with yourself. "Some runners let their egos drive them beyond their limits," Galloway explains. "People who let that happen tend to get injured."

Figure out your longest run in the past three weeks. "The long run is the single most important ingredient in a distance-training program," says Galloway, who is also the author of *The Run-Walk-Run Method*. Without a proper base, injury-prone areas, like the plantar fasciae in your heels and the iliotibial bands in your knees, will feel the strain. So the smartest solution is to walk the portion of the distance you haven't completed yet. If your

longest run was 6km, walk the first 3km of your 10K or alternate running 30 seconds and walking 30 seconds for the entire race, Galloway recommends. It may not be the way you wanted to finish, but it will keep you from overexerting yourself once the gun goes off.

Throw an Impromptu Dinner Party

Your intimate dinner for four just became eight, and if you have only a couple of hours to prep after work and a limited budget, it's tempting to order pizza. But chef Alison Awerbuch, a partner in Abigail Kirsch Catering in New York City, says it's possible to feed your new friends on the cheap and keep it chic.

First, plan a buffet or a family-style meal and get creative with what's in your cupboards. "Work with your initial menu ingredients," Awerbuch suggests. "Double the amount of people you can feed by creating a one-bowl meal with whatever protein you had planned on using, rice or pasta, and a handful of frozen veggies or canned beans thrown in." For dessert, pick up a half gallon of vanilla ice cream and some espresso on your way home. Affogato, an Italian crowd-pleaser, is simply espresso poured over ice cream. Don't hesitate to take a guest up on an offer to bring something to the shindig. Just give some direction, like "A salad would be great!"

Get a Job You're Not Quite Qualified For

Climbing the ladder to success is easier when you can skip a few rungs, but

THINK YOUR WAY TO A WIN

Getting out of your head is the best approach to prevent choking during a big moment. Use these mind tricks to fake it till you make it, says Sian Beilock, Ph.D., a professor of psychology at the University of Chicago.

Be specific

Telling yourself "I'm great" won't actually make you believe it, because it's too generic. Instead, zero in on one reason you'll do well ("I knocked it out of the park with the last project, and my boss knows it") to crowd out negative thoughts.

Use a mantra

Before a high-pressure situation, repeating a phrase like "Breathe in, stress out," counting backward or singing a song in your head quiets your mind and keeps it from automatically reverting to your worries.

Download your fears

Write concerns as they pop up. This helps clear your working memory (which is like your mind's Post-it Note), freeing brainpower so you're able to focus on the task at hand.



how do you persuade an interviewer to hire you despite your inexperience? Forget about the holes in your résumé, for starters. “Employers will jump over 50 qualified applicants for the one with a true sense of enthusiasm for the job,” says Nick Corcodilos, the owner of AskTheHeadhunter.com. To show your passion, research the heck out of the position, the company and the industry, and put together a mini business plan so you’ll be ready to talk specifically about the new ideas you’ll bring to the job and how you’ll execute them from day one.

Go after the job you truly want, not just the one that comes along. “Life is short,” Corcodilos says. “Contact three companies at which you would love to work, even if they don’t have job openings.” Email your résumé directly to the person you want to work for along with a note that might as well be a love letter to the company – admiring, engaging and conveying an unbridled eagerness to join the team. Chances are, whenever a job opens up, that prospective boss will be calling you.

Survive Your First CrossFit Class

Free weights, man tanks and the no-frills intensity of a CrossFit gym, or box, can be intimidating. The good news: “Anyone can do it,” notes Patrick Burke, the owner and head coach of MBS CrossFit in Colorado, the U.S.

Most CrossFit gyms offer a free intro class and then require you to take up to 10 foundations classes that teach the essentials – the moves, correct posture and more – and provide a gentle start for newbies. At the first class, you’ll walk instead of run and use your body weight instead of dumb-bells. With practice, you’ll master the basics of weight lifting, unmodify your push-ups and complete a set of pull-ups. You’ll also learn the lingo: abbreviations like WOD (workout of the day), AMRAP (as many reps as possible), KB (kettlebells) and DB (dumbbells).

Just don’t forget compression shorts. Up-close-and-personal partner sit-ups is not the time to have a wardrobe malfunction.

WE WANT YOU!

Got a body/fitness transformation story to tell? Share it with us, and it may just be published in *SHAPE*! Whether it's: "I lost 30kg!" / "I can now nail a headstand!" / "Look mum, I can finally swim!", we'd love to hear how you made it happen. Drop us a line at shapemalaysia@gmail.com.

live healthy / UNDERWATER QUEENS

Take a deep breath...

...and immerse yourself in the world of free-diving.

By Sia Wendi Photographs by Jason Lee



FREE-DIVER #1

NAME: Flavia Eberhard

AGE: 39

PROFESSION: Professional Free-Diver/Instructor/Model

HOME: Everywhere!



Brought up in Florianópolis, an island in the South of Brazil, Flavia Eberhard has always had a special relationship with the sea – but she didn't take up scuba-diving until her mid-20s, when she moved to London to pursue a modelling career. In 2007, she gave free-diving a go, and immediately fell in love with the intense sport.

The 39-year-old professional free-diver went on to become the only Brazilian free-diving instructor professionally specialised in three of the most important free-diving institutions: SSI, AIDA, and Apnea Total. To date, she has nine free-diving records including a Brazil and South American Absolute Record in Free Immersion at 69m deep; imagine going to that depth on a single breath!

Currently, Eberhard is working on a series for Canal Off (a Brazilian telly channel), where she takes viewers along to find the world's most beautiful free-diving sites with the best animal encounters. Back in Malaysia to help increase awareness about free-diving, she shares her love affair with the deep blue sea.

"During a scuba-dive in the Bahamas, I wanted to take underwater photos of sharks and dolphins; they didn't like the bubbles, so I held my breath. It was very difficult and eventually, I got tired. It was such a shame; there were all these beautiful animals around me, yet I couldn't photograph them. When my friend told me about a breath-holding course, I was intrigued. My first free-diving course was held in an aquarium, not in the sea.

"The first time was definitely not a 'Oh, I feel like a mermaid!' moment. On the first day, all I had to do was dive and touch the aquarium floor, which was only four metres deep. When I came up, I thought: 'Gosh, this is so difficult. Can you do 16m later? Why are you doing



"My fave dive site in Malaysia is Tioman, as I get to see sharks and turtles among pristine reefs." – Flavia

this to yourself?!" But after two days, my mind, more than my body, had adapted to it; free-diving is 70 per cent mental, and 30 per cent physical. And I fell completely in love with the sport. I re-routed my passion from scuba- to free-diving, because I found the latter to be a more natural way of being underwater.

"There two sides to free-diving: competitive and recreational. The former challenges me to attempt greater achievements: new depth, new breath-hold and new distance underwater. So I'm constantly testing my limits and self-trust. On the other side are the encounters with aquatic animals. When these two are combined, they become my daily motivation.

"I need three months to prepare myself for a competition. The first to gain more muscles, second to work on aquatic breath-holds, and third, depth. But for recreational free-diving, anyone can do it. For example, you don't have to be fit to join a run, but you'd have to for a marathon. It's the same with free-diving; you don't need to be Superwoman.

"People look at free-divers and say: 'Wow, this person can dive so deep, and hold her breath for so long. I can never do that!' You can, if you put your heart and mind to it. I'm slimmer than most of athletes, but I can dive deeper than the men in my country because I really want to do it. We put limitations on ourselves, but they don't actually exist."

FREE-DIVING WITHOUT FEAR:

"Learn to trust yourself and your decisions. In free-diving, you'll learn about what happens to your body when you hold your breath. It's actually a very natural thing. We believe that we have an aquatic connection.

"One of the things we teach in the course is the mammalian diving reflex: when you hold your breath, your body becomes 'aquatic'. It goes into oxygen-saving mode.

"Then we move on to working with our minds. We're always afraid of what we don't know, so we start with a gradual build-up: breath-holding in the dry, then in the pool, then in the depth. By the end of the course, you know you can do it."



“Once you free-dive, that half of you that’s been sleeping for a long time will be awakened. It’s a very spiritual journey.” – Azua



FREE-DIVER #2

NAME: Syafidatul Azua Shafii

AGE: 30

PROFESSION: SSI Free-diving Instructor

HOME: Bangi, Selangor

“Like Flavia, free-diving piqued my interest on a scuba-diving trip. One of my friends had already started free-diving, and during break time, took one breath, and dove to around eight metres deep. I was amazed at how close she could get to the fishes! At the time, there was no local free-diving instructor here, so we invited one from Phuket to teach us about the underwater sport.

“The first time was scary; I had to dive 10m deep. But slowly, I went to 20, 25, and then 30. You get a sense of satisfaction when you’re able to dive without an oxygen tank while enjoying the surrounding marine life in the most natural way. Free-diving’s more rewarding because of the freedom that comes with the experience.

“I completed the Master course in 2012, and am Malaysia’s first free-diving instructor. I hold several national records, one of which includes a depth of 40m by free immersion, a technique done by pulling on a rope during ascend and descend. Earlier this year, I won first place in the female category at the Andaman Free Diving Challenge.

“Free-diving is a demanding sport. It’s not just about your body; you need to sync up your mental and physical strengths. So I train in the pool every week, and for depth, every month, because travelling to the islands can be quite time-consuming.

“My mission is to break even more records. I strongly believe that Malaysia can compete on the world arena, and that we’re working on producing more free-diving athletes. Try it; once you free-dive, that half of you that’s been sleeping for a long time will be awakened. It’s a very spiritual journey.”

WHERE TO LEARN FREE-DIVING:

Ombak Diver Dive Center

Address No. 9 Pusat Akuatik Darul Ehsan, Jalan Aerobik 13/43, Seksyen 13, 40100 Shah Alam, Selangor

Website www.ombakdiver.com

Phone 016-3900131

Email info@ombakdiver.com

Dolphin Lee Aquatic

Address Klang Executive Club, Persiaran Bukit Raja 2, Bandar Baru Klang, 41150 Klang, Selangor

Website dolphinlee.com

Phone 012-284 5575

E-mail info@dolphinlee.com

**Your
Beauty
Guide**

look great

A ponytail is more than just an easy go-to style for the gym. This season, it's also the hottest way to wear your hair. Follow these simple steps to rock the perfect pony whether you're working out or going out.

By Heather Muir

Pony up

Photographs by Tom Corbett

VA-VA-VOLUME!

Make your cheekbones pop and show off your sculpted shoulders with this soft pony.

GET THE LOOK

1. This tousled style works best on second-day hair. But if you just washed yours, add grip with a few spritzes of dry shampoo. Try Batiste Dry Shampoo Original (RM34; freshhairanywhere.com).
2. Tease your crown; the height gives a dressier feel.
3. Gather your hair smoothing out any bumps with a fine-tooth comb – and secure it with a clear elastic, lining up the base of your ponytail with the tops of your ears.
4. Take two small sections of hair from underneath the base of your pony and twist them around each other. Secure with a clear elastic, then wrap the twisted hair around the base of the ponytail and fasten with a pin.
5. Spray Ma Cherie Hair Gelee Mist (RM39.90; Guardian and Aeon Wellness outlets) onto your hands and run them over your hair to tame flyaways.

STRAIGHT AND SPORTY

Take your gym pony up a notch. This sleek version won't slip out when you run, plus it will boost your confidence when you catch your reflection.

GET THE LOOK

1. Run a flatiron through your hair for a supersmooth finish. Skip this step if you want to go with your natural texture.
2. Gather strands into a low, tight ponytail at the nape of your neck while smoothing out any bumps with Acca Kappa Beachwood Brush with Natural Bristles.
3. Hold the pony in place with a thick nonslip elastic.
4. Using a piece of braided faux hair, wrap the elastic.
5. Smooth on a pomade to lock hair in place. Sachajuan Hair Paste (RM85; Luxola).



The Golden Rules

Applying bronzer can be intimidating – one wrong brushstroke and you can look orange, streaky or fake baked. But with these easy tricks from Tim Quinn, a Giorgio Armani makeup artist, you'll get a subtle, sun-kissed glow in seconds.

By Molly Ritterbeck



Bronze Winners

For darker complexions, try **Too Faced Limited Edition Soul Mates in Ross & Rachel** (RM48; SEPHORA). Skip matte finishes, which can look muddy, and sparkly ones, which appear fake.



The key to achieving a natural-looking glow is to use the right bronzer. A powder formula is the easiest to apply. Choose a sheer version that is two shades darker than your natural skin tone and has just a hint of shimmer. For light skin, we like **theBalm Betty-Lou Manizer** (RM92.50; Luxola).

To ensure an even application, use a large brush with bristles that are medium in length and density (halfway between fluffy and stiff). Try the **Bare Minerals Smoothing Face Brush** (RM139; SEPHORA).



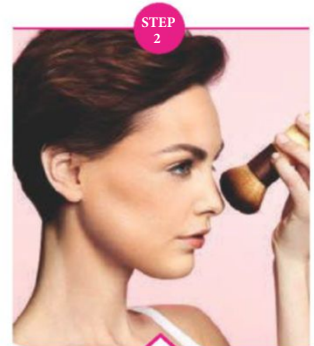
Use a foundation brush, like the **Bobbi Brown Foundation Brush** (RM168) for blending.

The Glow-Down

► **TIP** Apply bronzer after foundation but before concealer.



Swirl the powder brush in bronzer and tap to remove excess. Start at your temple and sweep the brush down around your eye, keeping it close to the hairline, and just under your cheekbone (make a fish face to help find it). When you're halfway to your nose, sweep the brush back towards your ear and down along your jawline. Repeat on the other side.

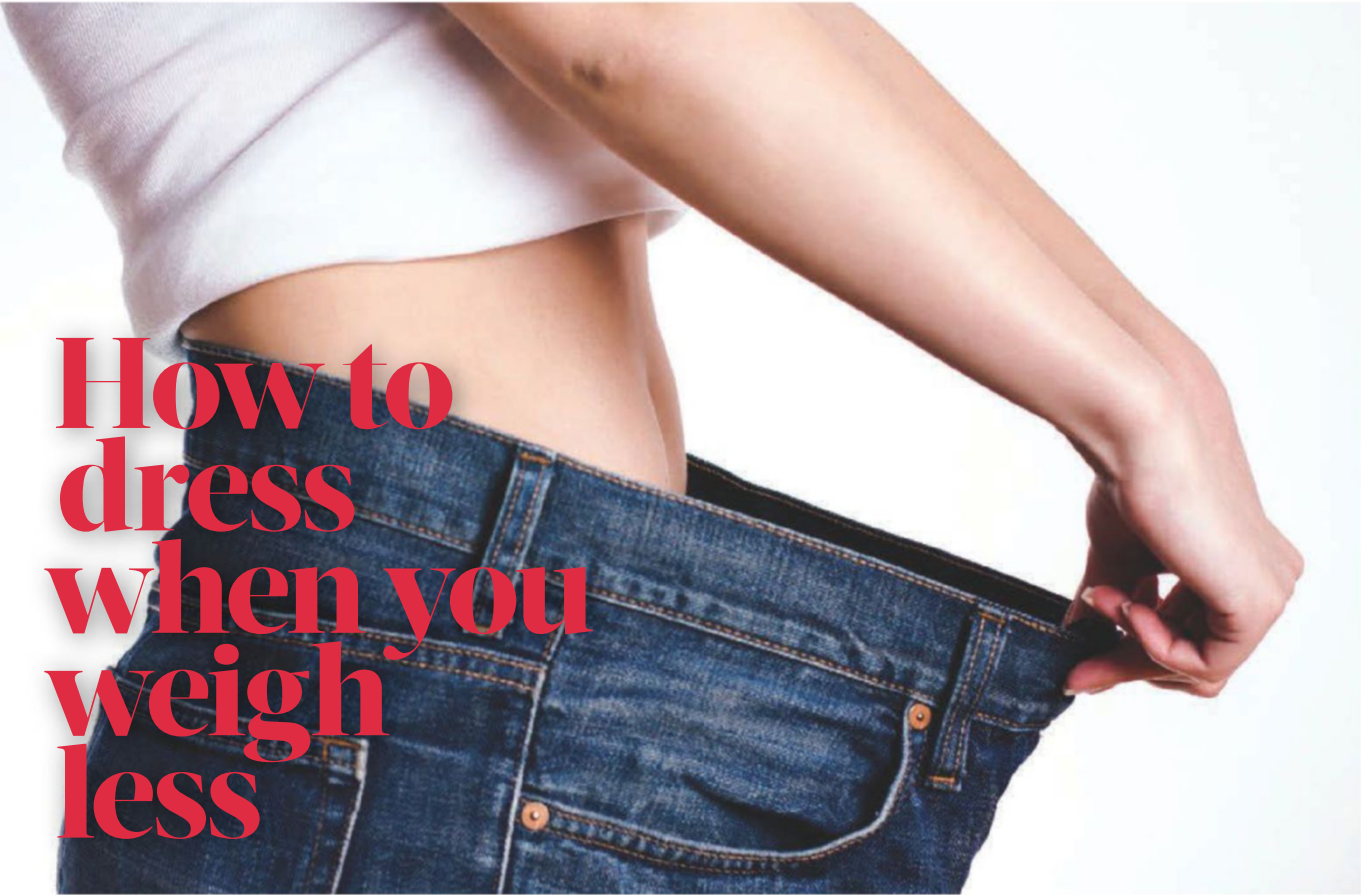


Softly sweep the colour down the centre of your nose and along each side to blend.



Grab your foundation brush, with a little leftover foundation on it, and starting on your cheek directly below your pupil, lightly brush to soften any lines from the bronzer. Repeat on the other side.

► **TIP** From your jawline, sweep bronzer down along your neck and onto your décolletage. Don't forget to apply it behind each ear.



How to dress when you weigh less

You've lost the weight – or you're well on your way – and looking great. Now finding the right clothes is a whole new ball game, which is where New York City stylist Kim Naci comes in. She's been helping women dress their newly slimmed-down bodies for years. Here, Naci's expert tips.

First off, get fitted for a new bra. Otherwise you'll look saggy and your clothes won't hang right, Naci says. "Plus, you'll just feel more confident."

Shop for tops, pants, and dresses with colour blocking. "Those colour sections are strategically placed to make you look taller and thinner," Naci says.

These fabrics are your best friends: double-knit jersey and spandex; they hold you in and minimise bumps and bulges.

Find your perfect jean cut. There are dozens of fits and styles, but don't be overwhelmed. Instead, follow these five shopping strategies: (1) The darker the rinse and the straighter the leg, the longer and leaner you'll look. (2) Stay away from low-rise styles, especially if you have excess skin around your middle; choose jeans with a mid to high waist instead. (3) "It's critical to make sure jeans fit in the butt and thighs," Naci says. (4) Pick jeans that have at least 2 or 3 per cent spandex so they'll hold their shape on you. (5)

Choose a pair with interesting stitching or seaming on the back pockets; those details will help minimise your butt.

Invest in a fitted jacket. "Structured pieces pull you in and add definition to your

shape," Naci says. Have a tailor shorten the sleeves to three-quarter length, which will highlight your waist.

Get wrapped up in a dress.

A wrap dress is your go-to piece if you're still losing weight, because you can tie it smaller as you shrink. Fit-and-flare dresses, which are popular now, are flattering for every body type, Naci says. "The design offers the ideal slimming proportion."

3 accessories that instantly slim you

1. **A belt** to define your waist
2. **A necklace that hits at your navel** to make your body look longer and trimmer
3. **Bangles** to draw attention to your wrists and away from your upper arms

Be bold.

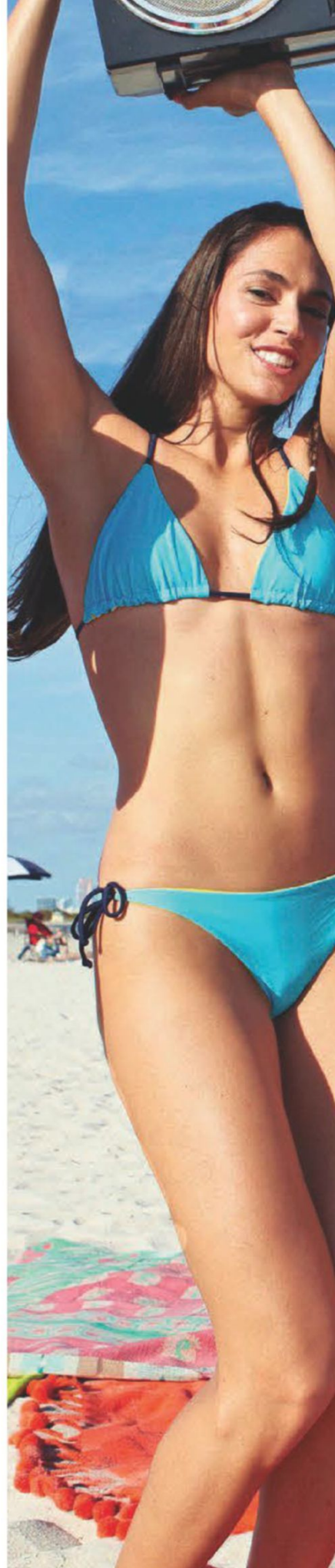
July

This month's mission: to cross the 3Bs off your checklist. That's **b**each body, **b**anana-leaf wrapped fish Veracruz (trust us; it's easy, yummy and *sau* much more!) and **b**eauty refreshers. The key to achieving it: bust out of your comfort zone. As it says on the inspo poster on our wall: "Be bold or *italic*. Never regular."

The Beach Body You Want

Get ready to reach for that two-piece; we're revving up the calorie burn of your workout to trim you by two sizes in record time! Turn the page for all the skinny.

By Alyssa Shaffer Photographs by Denise Crew





Part 1

Cinch + Sculpt

This toning twofer is the perfect in-a-pinch lean routine. “It’s like doing a kick-butt cardio workout, but with the added benefits of weights,” says trainer Holly Rilinger, who leads her superpopular Training Camp in New York City. Rilinger designed each sculpting exercise to target your total body – hello, bigger calorie burn! – then added some fast-feet intervals to boost your metabolism even higher. Here’s how it works: have a pair of five- to 10-pound dumb-bells handy, and after completing every two moves, go straight into a 30-second cardio blast—for beginners, that’s walking or doing step-ups; for gym regulars, that’s jumping an imaginary rope or doing burpees. Catch your breath, then pick up your weights again for the next pair of strength moves. Do two circuits two to three times a week for a tight bod you’ll love to bare.

PLANK, ROW, FLYE

Targets shoulders, back, biceps, abs

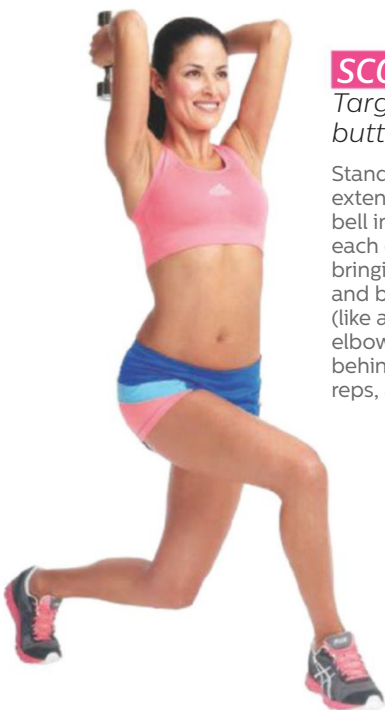
Start on floor in full push-up position, holding a dumbbell in each hand, hands under shoulders and legs extended behind you, forming a straight line from head to heels. (Make it easier: start in modified push-up position on knees.) Drive right elbow behind you, bringing weight near ribs; lower. Next, lift extended right arm out to side at shoulder level, elbow slightly bent; lower to complete 1 rep. Do 20 reps, alternating sides.



SCORPION EXTENSION

Targets shoulders, triceps, butt, legs

Stand with feet hip-width apart, arms extended overhead, holding a dumbbell in each hand, palms facing each other. Lunge back with left leg, bringing left foot directly behind right and bending both knees 90 degrees (like a curtsy); simultaneously bend elbows 90 degrees to lower weights behind head. Return to start. Do 20 reps, alternating sides.



TAP AND CURL

Targets shoulders, back, biceps, butt, hamstrings

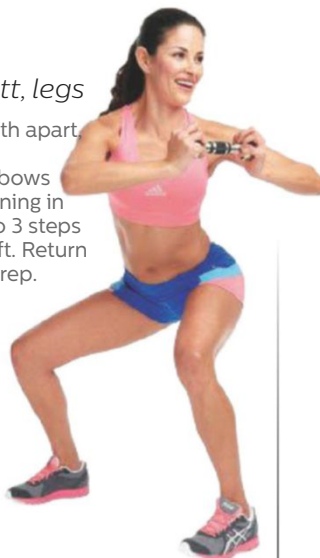
Stand with feet hip-width apart, arms by sides, holding a dumbbell in right hand; lift right foot a few inches behind you. Keeping left knee slightly bent, hinge forward from hips and reach weight toward left foot, with right leg extended behind you. Stand back up on both feet, then bend right elbow by ribs to curl weight toward right shoulder; lower dumb-bell to return to start. Do 10 reps; switch sides and repeat.



DUMBBELL SLIDE

Targets shoulders, arms, butt, legs

Stand with feet about shoulder-width apart holding ends of a single dumb-bell with both hands in front of chest, elbows out to sides. Squat and, while remaining in a low squat, side step to left. Do 2 to 3 steps to left, then rotate upper body to left. Return upper body to centre to complete 1 rep. Staying in squat, do 10 reps, alternating direction of side step and rotation.



ONE-ARM SNATCH

Targets shoulders, arms, butt, legs

Stand with feet slightly wider than shoulder-width apart, toes turned out slightly, a dumb-bell on floor in front of you. Squat and grab weight with left hand. Stand up quickly, drawing left elbow out to side to bring weight in front of chest; immediately extend left arm overhead, palm facing forward. Reverse movement to lower weight to floor and repeat. Do 10 reps; switch sides and repeat.



WRAPAROUND

Targets shoulders, abs, obliques

Lie face-up on floor, arms extended behind head, holding a single dumb-bell with both hands. (Make it easier: hold dumb-bell up toward ceiling and have knees bent, feet flat on floor. Raise right leg about 90 degrees as you lift head and shoulders off floor, chin tucked; simultaneously reach arms toward legs, passing weight from right hand to left hand behind right leg. Lower to start. Do 20 reps, alternating legs.

CHEERLEADER LUNGE

Targets shoulders, chest, arms, abs, butt, legs

Stand with feet hip-width apart, holding a dumb-bell in left hand with arm extended overhead, palm facing right. Lunge back with right leg, bending both knees 90 degrees as you lower weight toward shoulder, keeping left elbow close to side. Return to start. Do 10 reps; switch sides and repeat.



TWO-WAY WOOD CHOP

Targets shoulders, obliques, butt, legs

Stand with feet slightly wider than shoulder-width apart, holding a single dumb-bell with both hands, arms extended slightly in front of you. Shifting weight to right leg, bend right knee as you bring dumb-bell to outside of right knee. Pivoting on right foot, swing dumb-bell diagonally up to left as you turn slightly to left. Reverse movement to lower weight by right knee again. Do 10 reps; switch sides and repeat. For the next set, begin chop high with dumb-bell over shoulder rather than low and with dumb-bell near knee.





Sweat + Slim

Jot down this magic number: 90. That's your totally doable minimum target of weekly cardio minutes to hit along with the Cinch + Sculpt workout. Shoot for three 30-minute-or-more sessions or divvy them up however you like; your Zumba DVD counts! To help you boost the calories burned during those minutes, we tapped Rilinger to share her favourite flab-melting interval workouts and created a hot high-low playlist to get you pumped to push your pace. Four weeks from now, when you're five kilos trimmer, you can even tote the evergreen tunes to the beach!

Cardio Option 1

Mix It Up

Not a clock watcher? This 30-minute workout playlist was created by DJ Deekron will inspire you to speed up during every other song.

Warm up *Is Anybody Out There?* by K'naan, featuring Nelly Furtado (3:58)

Steady *The One That Got Away* by Katy Perry, featuring B.o.B. (4:22)

Speedy *Stronger (What Doesn't Kill You)* by Kelly Clarkson (3:41)

Steady *Good Girl* by Carrie Underwood (3:24)

Speedy *Glad You Came* (Alex Gaudino Radio Full Vocal) by The Wanted (3:05)

Steady *Hang It Up* by The Ting Tings (3:11)

Speedy *Hangover* (Jump Smokers Extended Remix) by Taio Cruz, featuring Flo Rida (4:26)

Cool down *Thank You* by Estelle (4:12)

Cardio Option 3

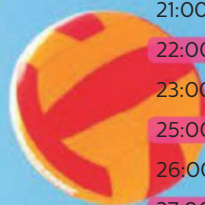
Accelerated Fat Melter

Minutes	Activity
0:00–5:00	Warm up.
5:00–11:00	Alternate a 30-second speed burst with a 90-second recovery pace. Do 3 sets.
11:00–17:00	Alternate a slightly faster 30-second burst with a 90-second recovery. Do 3 sets.
17:00–23:00	Alternate an even faster 30-second burst with a 90-second recovery. Do 3 sets.
23:00–29:00	Alternate an all-out 30-second sprint with a 90-second recovery. Do 3 sets.
29:00–35:00	Cool down.

Cardio Option 2

Tear-It-Out Boot Camp Blast

Minutes	Activity
0:00–10:00	Warm up (easy pace).
10:00–11:00	Move it (moderate pace).
11:00–13:00	Recover (easy pace).
13:00–14:00	Do 10 squat jumps and 10 push-ups.
14:00–15:00	Move it.
15:00–17:00	Recover.
17:00–18:00	Do 10 jumping jacks and 10 crunches.
18:00–19:00	Move it.
19:00–21:00	Recover.
21:00–22:00	Do 10 squat jumps and 10 push-ups.
22:00–23:00	Move it.
23:00–25:00	Recover.
25:00–26:00	Do 10 jumping jacks and 10 crunches.
26:00–27:00	Move it.
27:00–29:00	Recover.
29:00–30:00	Do 10 squat jumps and 10 push-ups.
30:00–40:00	Cool down (easy pace).



**SHRIMP and
PAPAYA CEVICHE**
The papaya in this
refreshing starter
boosts your
immune system.

**CUMIN-SPICED
ROASTED CHICKEN
and MIZUNA GREENS**
A bold twist on a simple
roast chicken dish.

Meals bursting with
herbs, spices, and loads
of fresh flavour – now
that's the food of sunny,
warming weather and
feel-good moods.

BRIGHT *and* LIGHT

Photographs by Sang An

**ROASTED CARROTS
With PUMPKIN SEED
VINAIGRETTE**

The pumpkin seeds add
crunch and satisfying
healthy fat.



**AVOCADO and
JICAMA SALAD**
Crispy meets creamy
in this healthy side.



**SILKEN SOY
and ALMOND MILK
FLAN**
A dairy-free version
of the classic Latin
dessert.

**BANANA LEAF-
WRAPPED FISH
VERACRUZ**

Baking in a pouch
intensifies flavours and
keeps the calories low.



When Angelo Sosa,

the chef and owner of Añejo in New York City (you know him from *Top Chef*) creates new recipes, he reaches back to his Latin roots – specifically to the kitchen of Tía Carmen (his aunt), whose passion for food and cooking has inspired him since childhood. Wanting to share the experience of eating seasonal dishes at a table filled with family and friends, Sosa collaborated with fellow Latin food lover Angie Martinez (an Extra TV correspondent and radio host) to create the new cookbook *Healthy Latin Eating*. Fresh fish and meats, healthy fruits and vegetables, traditional spices and herbs drive their recipes. The ingredients are easy to find, the techniques simple to master. And the taste? A bit exotic, a bit bold, and absolutely delicious.

Shrimp and Papaya Ceviche

Serves: 6

Cook time: Less than 1 minute

Total time: 20 minutes

6 cups water

1 fresh bay leaf

1½ teaspoons kosher salt

454 grammes medium shrimp,
peeled and deveined

3 tablespoons fresh lime juice

2 tablespoons yuzu juice
(Japanese citrus juice) or
lemon juice

2 tablespoons sugar

1 ripe papaya, peeled, seeded,
and cut into small chunks

1 tablespoon diced red onion

1 tablespoon minced jalapeño

1 Prepare a bowl of ice. To a large pot, add water, bay leaf, and 1 teaspoon of the salt. Bring to a boil, add shrimp, and cook until they just begin to turn pink, about 15 seconds, being careful not to overcook. Remove shrimp from heat, drain, and chill on ice.

2 In a medium bowl, add lime juice, yuzu juice, sugar, and remaining ½ teaspoon salt and stir until sugar and salt dissolve. Add chilled shrimp, papaya, red onion, and jalapeño. Gently toss and serve.

*** Nutrition score per serving:**

98 calories, 0g fat (0g saturated),
11g carbs, 14g protein, 1g fibre, 316mg
sodium

Avocado and Jicama Salad

Serves: 4

Prep time: 10 minutes

Total time: 10 minutes

- 2 ripe avocados
- ½ cup thinly sliced jicama
- ¼ cup thinly sliced radishes
- 3 tablespoons toasted pumpkin seeds
- ¼ cup light sour cream
- ¼ cup fresh orange juice
- 2 tablespoons fresh lime juice
- 3 tablespoons sugar
- 2 tablespoons olive oil
- Kosher salt
- Black pepper
- ¼ cup dried cherries

1 Cut avocados in half lengthwise and remove pits. Score flesh into a crosshatch pattern and scoop it into a medium bowl. Add jicama, radishes, and pumpkin seeds.

2 In a serving bowl, whisk together sour cream, orange juice, lime juice, sugar, and olive oil. Add vegetables and toss well. Season with salt and pepper, toss to combine, and garnish with dried cherries.

***Nutrition score per serving:**
334 calories, 24g fat (4.1g saturated),
30g carbs, 5g protein, 6g fibre,
118mg sodium

A MIX OF
CRUNCHY,
CRISPY,
CREAMY,
AND CHEWY
TEXTURES
MAKES THIS
SALAD SING.





Banana Leaf-Wrapped Fish Veracruz

Serves: 2

Cook time: 25 minutes

Total time: 30 minutes

2 large pieces banana leaf (thawed if frozen), rinsed, or 1 large square of parchment paper

1 mahi mahi fillet (454g)

Kosher salt

Leaves from 2 sprigs thyme, plus more for garnish

1 fresh or dried bay leaf

2 medium tomatillos, chopped

2 medium tomatoes, chopped

1 teaspoon chopped garlic

2 tablespoons capers, rinsed

1 Preheat the oven to 180°C. On a work surface, lay banana leaves flat and overlap to create a wrapper large enough to enclose mahi mahi or tuna. Place fish in the middle, season with salt, thyme leaves, and bay leaf. Scatter tomatillos, tomatoes, garlic, and capers on top of fish and wrap the leaves around it, completely encasing. If necessary, use butcher's twine to hold everything together.

2 Place pouch on a rimmed baking sheet and bake for 25 minutes or until fish is tender and cooked through. Open pouch and garnish with thyme leaves.

***Nutrition score per serving:** 223 calories, 2g fat (0.5g saturated), 6g carbs, 43g protein, 2g fibre, 547mg sodium

Roasted Carrots With Pumpkin Seed Vinaigrette

Serves: 4

Cook time: 22 minutes

Total time: 25 minutes

- 1 bunch multicolored carrots
- 3 tablespoons olive oil
- 1¼ teaspoons kosher salt
- 2 tablespoons toasted pumpkin seeds, chopped
- ¼ cup balsamic vinegar
- 3 tablespoons sugar
- 1 teaspoon chopped thyme leaves
- 1 teaspoon chopped shallots
- 1 teaspoon chopped garlic
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground coriander
- ½ teaspoon chipotle powder
- 1 teaspoon sesame seeds
- ¼ cup water
- Cilantro leaves, for garnish

1 Preheat the oven to 190°C. Using a scouring pad, scrub carrots to remove skin. Cut into 1-inch pieces and add to a medium bowl with 2 tablespoons of the olive oil and 1 teaspoon of the salt. Toss to combine and place on a baking sheet; roast until tender, 18 to 22 minutes. Remove from oven and let cool.

2 In a medium bowl, add remaining 1 tablespoon olive oil, remaining ¼ teaspoon salt, pumpkin seeds, balsamic vinegar, sugar, thyme, shallots, garlic, cinnamon, coriander, chipotle powder, sesame seeds, and water. Whisk together and drizzle over carrots. Garnish with cilantro leaves.

***Nutrition score per serving:**

234 calories, 14g fat (2.1g saturated), 25g carbs, 3g protein, 4g fibre, 451mg sodium



SWEET CARROTS
GET A FLAVOUR
UPGRADE
WITH SPICY,
EARTHY
SEASONINGS
AND A BRIGHT
VINAIGRETTE.



Cumin-Spiced Roasted Chicken and Mizuna Greens

Serves: 4

Cook time: 1 hour

Total time: 1 hour 20 minutes

- 1 whole chicken (1.4kg), neck and giblets removed from cavity
- 2 tablespoons plus 2 teaspoons olive oil
- 2 tablespoons ground cumin

- Salt
- Black pepper
- 4 garlic cloves, smashed
- 4 thyme sprigs
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 2 cups mizuna or baby arugula
- 1 European cucumber, seeded and sliced on the bias
- ¼ red onion, cut into slivers

1 Preheat the oven to 220°C. Pat chicken dry with a paper towel. Brush all over with 2 teaspoons

of the olive oil and sprinkle with cumin, salt, and pepper. On a roasting rack, place garlic and thyme sprigs; place chicken directly on top. Roast for about 1 hour or until chicken reaches an internal temperature of 74°C. Remove from oven and allow to rest for 12 to 15 minutes.

2 To a large mixing bowl, add lemon juice, soy sauce, ¼ teaspoon

black pepper, remaining 2 tablespoons olive oil, and salt to taste. Whisk to combine. Add mizuna, cucumber, red onion, and salt and pepper to taste; toss until vinaigrette evenly coats greens. Serve greens alongside chicken.

***Nutrition score per serving:**
607 calories, 43g fat (11g saturated), 8g carbs, 45g protein, 1g fibre, 679mg sodium



Silken Soy and Almond Milk Flan

Serves: 6

Cook time: 1 hour 20 minutes

Total time: 1 hour 35 minutes

Non-stick cooking spray

1 cup sugar

$\frac{1}{4}$ cup water

1 cup unsweetened low-fat soy milk

1 cup unsweetened almond milk

$\frac{1}{2}$ vanilla bean, split open and seeds scraped out

$\frac{1}{8}$ teaspoon ground cinnamon

$\frac{1}{8}$ teaspoon freshly grated nutmeg

$\frac{1}{8}$ teaspoon fine salt

4 large eggs

1 Preheat the oven to 150°C. Coat six 170g ramekins with cooking spray and place in a large roasting pan.

2 In a small heavy-bottomed saucepan over medium heat, add $\frac{1}{4}$ cup of the sugar and the water. Gently swirl the pot so sugar dissolves. Continue swirling while sugar cooks, until it turns amber, 10 to 12 minutes. Carefully pour enough caramel into each ramekin to coat the bottoms.

3 In a medium pot over medium heat, add soy and almond milks, remaining $\frac{3}{4}$ cup sugar, vanilla bean and seeds, cinnamon, nutmeg, and salt and simmer for 5 to 8 minutes, stirring to dissolve sugar.

4 In a heat-proof medium bowl, whisk together 2 whole eggs and 2 additional egg yolks (discard whites). Slowly add about 1 cup of the hot milk mixture to eggs, whisking vigorously. When well combined, add remainder of milk mixture and stir. Strain to remove vanilla bean pod, and divide milk mixture evenly among ramekins.

5 Pour enough boiling water into roasting pan to come halfway up sides of ramekins. Bake until flan is almost set, 50 minutes to 1 hour. Carefully remove ramekins from water bath and place on a wire rack. When completely cool, cover and refrigerate for at least 3 hours.

6 To serve, run a knife around each flan and invert onto a serving plate, allowing caramel to drip down sides.

***Nutrition score per serving:**

202 calories, 4g fat (1g saturated), 37g carbs, 5g protein, 0g fiber, 140mg sodium

THIS LIGHTER
TAKE ON FLAN
TASTES JUST
AS RICH AS THE
TRADITIONAL
VERSION.

Adapted with permission from Healthy Latin Eating
by Angie Martinez and Angela Sosa (Kyle Books, 2015).

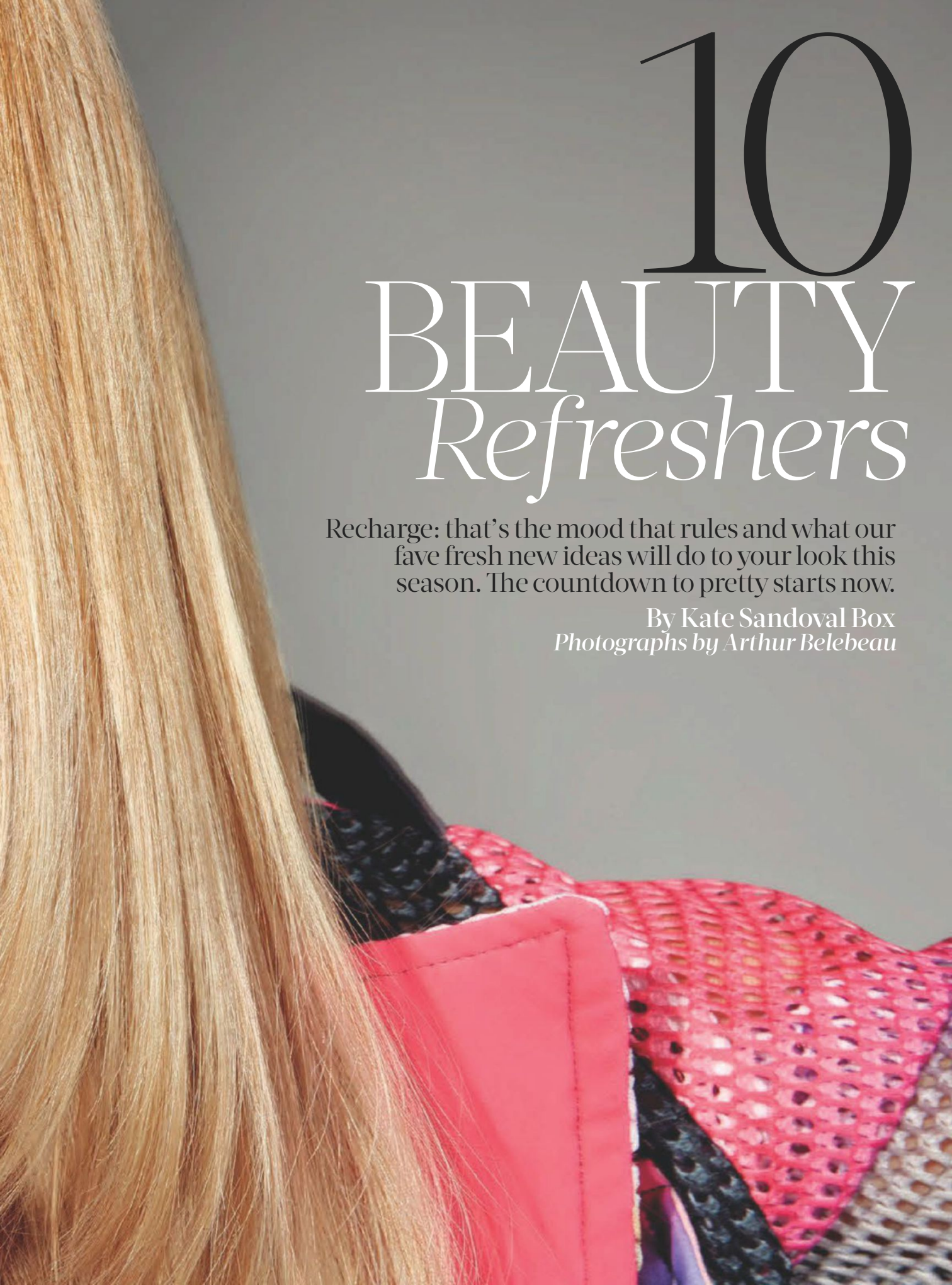


#10 SHINIER THAN SHINY HAIR

It's all about ratcheting your sheen way up. To get glimmering, you'll want one of the new gloss treatments; they sit on the surface of strands, reflecting light, especially when the sun hits your hair, explains George Papanikolas, a Matrix celebrity colorist. After you shampoo and condition, work a gloss into wet hair, wait a few minutes, then rinse.

#9 ROSE-GOLD CHEEKS

It's truly the freshest, most flattering shade to give you an energised, lit-from-within look. "Rose adds color to your skin; gold creates radiance," makeup artist Jenna Menard says.



10 BEAUTY *Refreshers*

Recharge: that's the mood that rules and what our fave fresh new ideas will do to your look this season. The countdown to pretty starts now.

By Kate Sandoval Box
Photographs by Arthur Belebeau



#8

THE FAKE TAN TO BEAT ALL FAKE TANS

New formulas create mists as ultra-fine as those from the guns of pros, so you get zero streaks for the most even, smooth bronze possible. Spritz, blend with your hands (wash palms with soap afterward), wait a couple of minutes, and you're done and ready to stun.

#7

A FULL-BODY SEXY SHEEN

This season, your glow doesn't stop at your neck. Meet the dry-oil body mist. It allows you to spray on lightweight oils for a subtle luminosity that covers you head to toe. "Then go back and add an extra spritz to the features you want to enhance more, like your collarbones, the tops of your shoulders, and the front of your arms and legs," says Carmindy, a makeup artist in New York City.

#6 A LAID- BACK BRAID

Plaits ruled the runways. The key to this fun, undone version is to “add body to your hair before you braid so that it’s thick and tousled,” says Miok, the New York City-based hairstylist who created this look. To do that, generously spritz damp hair with a salt spray and shake it with your fingers as you blow-dry. Now, pull all of your hair into a loose ponytail at the nape of your neck, then braid, securing with an elastic. “Tug on the sides of the braid to begin to unravel it,” Miok says.

#5 A LIGHT- AS-SPRING- AIR SCENT

The latest fragrances are crisp and fresh and give you just a wisp of tropical/floral/fruity aroma.



#4

THE HOT-PINK MANI

A pop-y strawberry polish is what's making the biggest racket right now. Fresher than the traditional girly pastels you're used to, it creates as bold a statement as, say, our model's graphic visor. The winning strategy: paint two coats of the vibrant polish on almond-shaped tips.

#3

THAT NO-FUSS DEWY GLOW

The latest game-changing face serums are making your moisturising routine one-and-done. They're packed with potent antioxidants, offer broad-spectrum sun protection, and yet are so thin that they're absorbed in seconds. Apply and you're ready to face the day.



#2 BLUE- HUED EYES

#1 HIGH- BEAM SKIN

Super-concentrated anti-agers make it possible to look younger, healthier, smoother, and glowier than ever. And where do you find these magic bullets? In treatment essences: waterlike toners that are an integral step in Korean skincare routines. After you wash your face, pat one all over your skin.

The effect is bright, joyful, and surprisingly flattering. Give yourself a slash of turquoise with a shadow pencil. "It has a touch of shimmer in it, making it more fun and easygoing than a serious matte," makeup artist Jenna Menard says. "Sketch the tip of the pencil across your upper lash line, extending it a bit past the outside corner of your eye. Thicken your swipe until the colour shows when your eyes are open." Last step: black mascara, top lashes only.



Trend gaya hidup masa kini!

BluInc

Blu Inc Media Sdn Bhd Lot 7, Jln Bersatu 13/4, Section 13, 46200 Petaling Jaya, Selangor.
Tel +603 79527000 Fax +603 79575446 www.bluinc.com.my

SCOOP IN july

EVENTS, PROMOTIONS & NEWS



RUN FOR FUN AND CHARITY

Don't have any plans yet for the Merdeka weekend? Well, pack your running gear and fly to KK for the **Sutera Harbour 7K Run**! Sabah's biggest charity run takes you along the Sutera Harbour Boulevard and onto the Coastal Highway, so expect a scenic sunset route with a view of the South China Sea. But don't get carried away; although this is a fun run, those who complete it within 77 minutes stand a chance to win one of the many attractive lucky draw prizes, which will be drawn during the post-run concert. All nett proceeds from this event will be donated to the 7K Beneficiaries!

What Sutera Harbour 7K Run

When Saturday, 29 August 2015

Fee RM30 per adult; RM20 per child/student; RM27 per person for group registration (minimum 20 persons). Fee inclusive of the 7K T-shirt.

For more info Call +60 88 303 473 or visit facebook.com/suteraharbour

POUR HOMME



COMFY WALK

What do boxing legend Sugar Ray Leonard and rockstar Ringo Starr have in common? They're both laced up in **Skechers' Relaxed Fit** footwear (RM299)! Once your beau slips on a pair, he'll fall in love with its Memory Foam footbed, roomier fit, and rad design.



CITRUS-FRESH COMPLEXION

L'OCCITANE's CEDRAT skincare collection (RM84-RM140) is formulated using citron fruit extract, revitalising his epidermis and ensuring his skin stays matte, hydrated and energised. Oh, and try and resist his citrus-smelling skin. Can't, can you?



RECHARGED SKIN

After a big night out, he will need the **Biotherm Homme Total Recharge Non-Stop Moisturizer Fatigue Reducer** (RM185). Powered with the brand's Power Energy Concentrate, spirulina extract and mint hydrolate, the double-duty gel gives his skin the 'I had a good night's sleep' glow.



DAILY HAUL-ER

Whether you're bringing it to work or play, **QWSTION Daypack** (RM800-RM840) puts you at ease in any setting. Its versatile handles and straps can be attached either horizontally or vertically, and the straps can be stowed when not in use – giving you a bag that adapts to your lifestyle. Made using natural materials such as organic cotton and vegetable-tanned leather, the Daypack also sports a 15-inch laptop compartment and plenty of space for a change of clothes at the gym. Available at Dapper & Gentry at KLIA2.



BRIGHTENING SOLUTION

M-A-C Lightful C 2-in-1 Tinted Serum with Radiance Booster (RM171) comes in a dual-chamber bottle that holds two potent formulas: a hi-tech treatment serum and an incandescent tint. Apply the lightweight and translucent gel-like serum at night to reduce dark spots, and the tinted one during the day to even out your skin tone. And with the added Radiance Booster, which is packed with vitamin C, you can say 'toodles' to dull skin!



YOUR SUN PROTECTION, SORTED

Replace your foundation with **Derma-Rx Tinted Sunscreen SPF50+**; its special formulation of micro-fine titanium dioxide and zinc oxide, resveratrol and olive leaf extract offers your skin sun protection and soothing relief, whilst providing a smooth, matte makeup base. Comes in two shades: cool beige and warm natural. There's a non-tinted version too!



'SAFE' SUGAR

You can now have sweet indulgences with less guilt. **Kordel's Sweetsanté** is a natural sugar substitute that has half the calories and glycaemic index of sugar, making it suitable for weight-watchers and diabetics. Made from cereals, it replaces sugar 1:1, and can be used in any recipe – yup, you can add it to your *sambal ikan bilis* too! When used with chocolates, it enhances the intense flavour of cocoa. Available in leading pharmacies, Sweetsanté comes in three types; Sweetsanté A to add in beverages (RM9.50), Sweetsanté B for baking (RM30.50), and Sweetsanté C for cooking (RM31.50).



FUSS-FREE, HEALTHY LUNCH

A healthier alternative to roadside and fast food meals, **The Lunch Club** delivers simple, fresh and power-packed midday meals to you, the busy urbanite! The Lunch Club serves one original recipe every week (think creamy pastas, king prawn salads and meaty wraps), and even caters to vegetarians and those with special dietary needs. Log on to www.thelunchclub.asia to subscribe to its meals. Prices start at RM12.60 per meal inclusive of delivery.

GETTING A NEW CAR?



Make sure it has the 5S-factor. The **Honda City** ticks all the right boxes with its: **SMART SAFETY** (six airbags in the vehicle), **STYLE** (16-inch alloy rims and prominent platinum grille that scream, 'Fierce!'), **SAVINGS** (great after-sales service and 5-year warranty safety), **SPACIOUS** (536L of trunk space), and **SPECIFICATIONS** [sleek and powerful 1.5L i-VTEC engine, Continuous Variable Transmission (CVT) for a smooth drive, among others]. We love its 'sharks fin' antenna too as it delivers better and clearer signal reception – road trip singalongs, anyone? Test drive the Honda City at your nearest Honda authorised dealer. For promotion details, log on to honda.com.my.

DON'T BUY ANY CAR WITHOUT:

Honda City **Style**. Honda City **Specifications**. Honda City **Savings**. Honda City **Safety**. Honda City **Space**.



CITY

If you're thinking of buying a car, then do consider the above, before making a decision. Because, there's no better buy than the Honda City. It's innovatively packaged, with all the best features. Style, Specifications, Savings, Safety and Space. It's what we call superior innovation. And it's only from the City.

7" DISPLAY AUDIO



16" ALLOY WHEELS

1.5L i-VTEC ENGINE

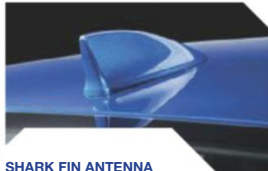


REAR AIR
CONDITIONING

6 AIRBAGS



TOUCH PANEL AUTO
AIR CONDITIONING



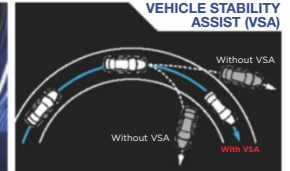
SHARK FIN ANTENNA

PUSH START BUTTON



CABIN SPACE

VEHICLE STABILITY
ASSIST (VSA)



5-year Warranty
with Unlimited
Mileage*



Up to 6 FREE Labour
Services alternating
with paid service
up till 100,000km*



Service interval
extended to every
10,000km*

1.5L Grade S	1.5L Grade S+	1.5L Grade E	1.5L Grade V
RM74,006.90*	RM77,123.80*	RM82,268.90*	RM89,467.20*

* On the road (OTR) price (Peninsular Malaysia only). Subject to change without prior notice.



The Honda City was awarded 5-Star rating in the
Adult Occupant Protection and 83% in the Child
Occupant Protection.



HONDA

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Visit your nearest Honda Authorised Dealer or log on to www.honda.com.my

Features differ according to variants. # Terms and conditions apply.
Actual model may vary in detail from image shown.



A race to remember

The SHAPE Night Run '15 returned bigger and stronger for its seventh year, but not without a bit of weather drama! Yikes!

It was certainly a night to remember: 6,000 runners showed up in front of Kompleks Perbadanan Putrajaya, Presint 3 on April 11 – all geared up to run – when the skies cracked open, and gave way to a thunderstorm! However, the bad weather couldn't dampen everyone's spirit; when the rain, thunder and lightning stopped, the crowd cheered and darted to the start line. We guess nothing could keep the runners from doing what they love the most: run. The 11.2km race was finally flagged off at 8.45pm, whilst the 5km at 9pm, by Deputy Editor Zara Nasarudin and guest of honour, YBhg. Dato' Hj Rogaizat Abdullah, Perbadanan Putrajaya's Vice President of Corporate Services. And with that, the runners dashed off into the night!

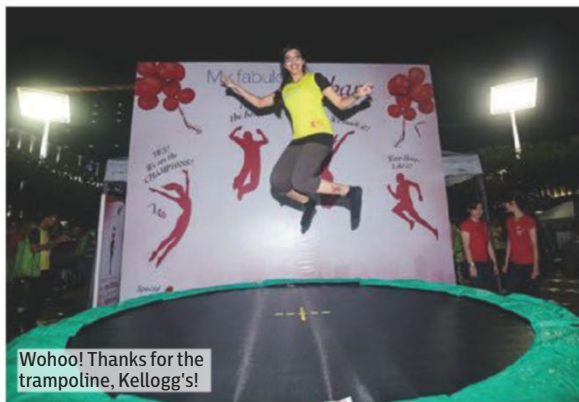
Here, we would like to thank SHAPE Night Run '15 title presenter Kellogg's Special K; main sponsors Skechers and Celebrity Fitness; venue host Perbadanan Putrajaya; official TV channel LiTV; official radio station FlyFM; and official partners Ebene, Perskindol, Shokubutsu Active Guard, Bioré, AirAsia X, Habitatt, Juice Works, Sanctband, Felda Wellness, 100PLUS, Columbia Asia and Massimo. Last but not least, a HUGE thanks to the crew and volunteers who braved the rain to make sure the event carried on without a hitch. We could not have pulled this off without everyone's combined effort and huge helping of enthusiasm!



Goodies galore



Photo booth fun with AirAsia X



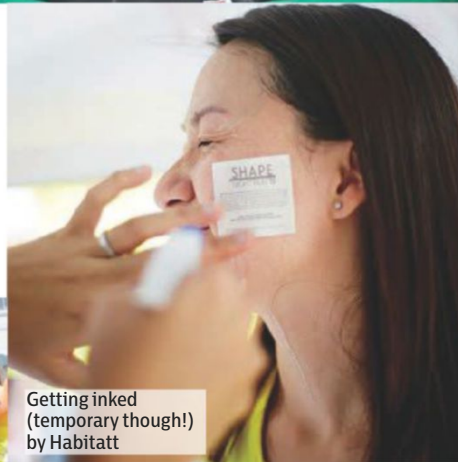
Wohoo! Thanks for the trampoline, Kellogg's!



Fresh juices from Juice Works all lined up for the crowd



Skechers' performance footwear receiving plenty of attention!



Getting inked (temporary though!) by Habitatt



Celebrity Fitness heating things up with killer dance moves



Bioré ensures runners are fully protected from harsh UV rays.



Cycling sesh at the Kellogg's Special K booth

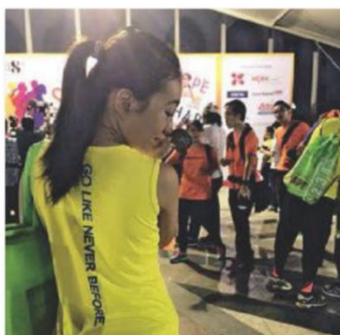
MOST LOVED ON @SHAPEMALAYSIA



TOP #SHAPENR15 IG PHOTOS



@aisyayaya



@beatriceee_c



@ilani23



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Yummylicious
fuel fix at the El
Libre booth



Ambulance on standby;
medical back-up from
Columbia Asia!



Look at these sweaty,
happy faces!



Balloons (and fun
Fly Fm DJs Ivan
and Zher) to lift
everyone's spirits!



Work it, work it!



New salad idea
from Kellogg's



Fit and strong with
travel-friendly
Sanctband



Free Massimo
buns? Yes, please!



Each can of Felda
Wellness's Vita500 is
packed with vitamins!



Not too heavy,
not too light...
the perfect pre-
race snack!

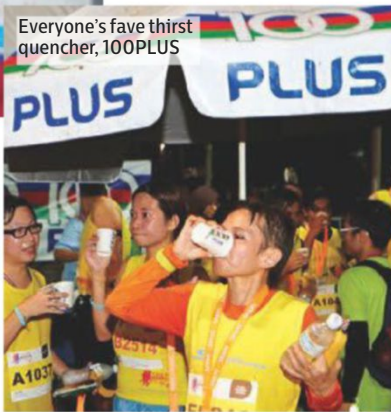


The one who's always there to
help you with post-race
cramps and pains: Perskindol

Everyone's fave thirst
quencher, 100PLUS



Ebene's nifty
products for
runners



Runners busy downloading
the digital magazine to get
a goodie bag!

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Win! CRES Body Regenerist Fruitti Spa worth RM318 each!

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LUCKY
READERS

*who answer the
question correctly
will win CRES Body
Regenerist Fruitti
Spa worth RM5,724
in total!*

Pamper your body and regenerate your skin at the same time with CRES' Body Regenerist Fruitti Spa; formulated using botanical ingredients such as fruits and flowers, coupled with natural sea salt and yogurt, it gets you looking fair and flawless from top to toe, and inside out! The treatment includes:

ANTI-STRESS BACK MASSAGE

Vitamin-rich aromatic botanical essential oils are used for relaxation and detoxification, and to increase blood circulation.

FRUITTI YOGHURT MASQUE

Natural fruit extracts from pineapple, lemon, rose and orange help hydrate skin and improve its elasticity, while the lactic acid in yogurt reduces acne and tightens pores.

FRUITTI SCRUB

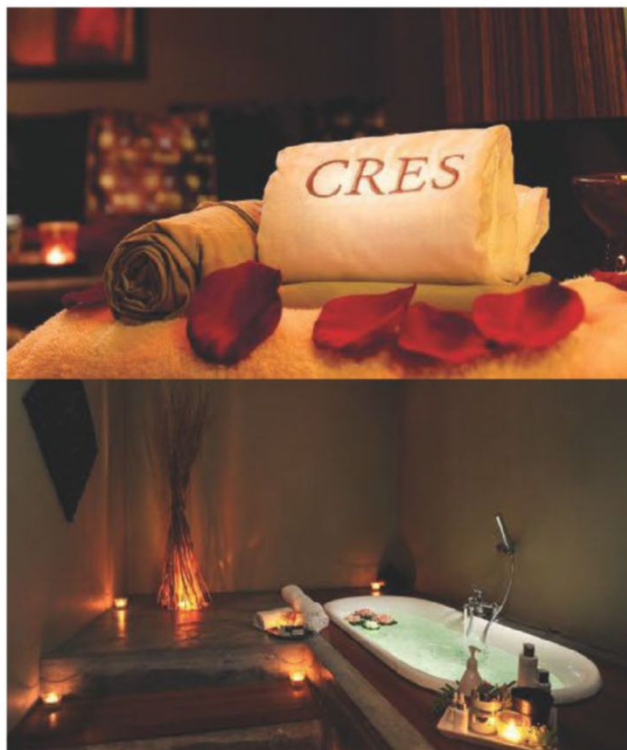
The concoction of natural marine sea salt, luscious rose petals and pineapple purée removes dead skin cells for better absorption of vitamins, moisture and essence – resulting in rejuvenated, baby-smooth skin.

THERMAL BLANKET HEAT INFUSION

Promotes a high infiltration of essence and nutrients into the epidermis layer by stimulating the lymphatic nodes and blood circulation through heat.

FRUITTI BUBBLE BATH

This warm, creamy bubble bath – rich in vitamin B, C and E – relaxes tensed muscles and mind. Also, the fruit moisture, almond and lactic acid combo combats skin irritation, eczema and acne.



HOW TO ENTER

1. Log onto www.shape.com.my.
2. To participate, you must first complete a registration form. This is a one-time registration process and your details will be kept for future contest entries.
3. After you have registered, you will only be required to enter your username and password for future contest submissions.
4. You are only allowed to submit one entry per contest (unless stated otherwise).
5. Promotion period: **1 July 2015 to the 31 July 2015.**

Terms & conditions: This contest is open to all residents of Malaysia. Employees of Blu Inc Media Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest. Late, incomplete and unclear entries will not be entertained. The decision of the judges is final and no correspondence will be entertained. Prizes must be taken as provided and are neither transferable nor exchangeable for cash. Winners will be notified by email.

CRES
total women's treatment spa

Win! Kinohimitsu White Activ worth RM211.80 each!



28
LUCKY READERS

*lucky readers who
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Kinohimitsu White
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Get lasting fairness from within with Kinohimitsu White Activ; its unique formulation – enriched with sakura extract and camu camu – has various skin benefits. It contains high-quality ingredients that work together to slow down melanin formation and ageing, thus, enhancing skin-whitening effect, from top to toe. It also: lightens scars caused by pimples, bug bites and other flare-ups; irons out lines and wrinkles to promote a youthful look; and delivers optimum hydration, ensuring your skin stays plump and refreshed! The White Activ is infused with a strawberry flavour, so every beauty sip is delicious!

KINOHIMITSU
FREEDOM TO LIVE

HOW TO ENTER

1. Log onto www.shape.com.my.
2. To participate, you must first complete a registration form. This is a one-time registration process and your details will be kept for future contest entries.
3. After you have registered, you will only be required to enter your username and password for future contest submissions.
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COUNTRY STRONG WITH...

Carrie Underwood

The seven-time Grammy winner first shot to fame when she won *American Idol* in 2005, and she hasn't slowed down since. Her latest album, *Greatest Hits: Decade #1*, topped the country charts for seven straight weeks, breaking her own record. Now the singer/songwriter is adding another line to her list of accomplishments: fitness entrepreneur. Her new workout apparel brand, CALIA by Carrie Underwood, was launched in April, and it features pieces like floral cropped leggings, no-slip headbands, and tank tops and tees you'll want to live in. The country crooner sat down with us to talk active wear, healthy eating (she'll skip after-show pizza to cook on her tour bus, but splurge on fried food when it's calling her name), and how she gets country strong.

CALIA by Carrie Underwood was inspired by wanting to create a lifestyle brand that made women feel good. Women today are busier than they've ever been before and need pieces that can go from the gym to meeting up with friends. I love transitional pieces, like scarves, that you can throw on as you're leaving your workout to make your outfit a little more feminine and cute, even if you're wearing yoga pants.

I keep my nutrition in check with the food journal I've kept for almost nine years! I'm always making sure I have the proper amount of protein and fibre, depending on my current goal. I do love MyFitnessPal as far as tracking devices go, and I'm also always on the lookout for whatever the next new trend in wellness is.

My go-to quickie meal is stir-fry. Buying pre-cut vegetables takes the prep time out of it, so I can quickly whip up carrots, broccoli, cauliflower, tofu for protein, and a little bit of brown rice or quinoa as a healthy carb.

When I'm on the road, I bring a trainer with me, because trainers can make a workout happen anywhere. If I've got a set of stairs, I've got a workout! If I'm in a new city, I also like to find a local gym and check out an abs class or a legs class, where somebody else is teaching a style that I can take home and add to my own workouts.

Being in my 30s has taught me to have more confidence in myself as a singer, performer, songwriter, and woman. I know that I can handle a lot. All women need to feel like that. They need to know that they're capable – whatever it is, they've got this! Confidence is so important.

If I have an hour to myself, I try to get a workout in. It makes me feel great, and my job is really quite physical, getting on stage, bouncing around, changing clothes. I want to feel that I'm at my peak physical condition.

Image: TPGNews

Sanctband® *Active*
Fun is Fitness

Make Fitness A Lifestyle



JOHOR

- City Square
- Aeon Bukit Indah
- Jusco Tebrau City
- Jusco Permas Jaya
- Wetex Parade

NEGERI SEMBILAN

- Jusco Seremban 2

MELAKA

- Aeon Bandaraya Melaka

PERAK

- Kinta City Ipoh
- Aeon Station 18 Ipoh
- Aeon Seri Manjung

PENANG

- Gurney Plaza
- Tesco Penang
- Queensbay Mall
- Prangin Mall

SELANGOR

- Jusco Cheras Selatan
- Jusco Equine
- Jusco Kepong
- IOI Mall
- The Curve
- Plaza Metro Kajang
- Setia City Mall
- Sunway Pyramid
- One Utama
- Aeon Bukit Tinggi
- Aeon Mahkota Cheras
- The Mines
- Carrefour Bukit Rimau
- Carrefour Puchong Utama
- Watsons Bukit Tinggi Klang

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- Alamanda Shopping Centre

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The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat® Technology. Adaptive Go Pillars™ underfoot create the softest ride you could ever imagine.

INNOVATION NEVER FELT THIS GOOD.™

SKECHERS
GO WALK
3

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Authorised Dealers: Midvalley Megamall F-053 • Fahrenheit 88 G-34 • Bangsar Village II UGF-18 • Empire Shopping Gallery UG20 • Paradigm Mall UG-45 • Setia City Mall L130
Nu Sentral Lot 2.25 • Quill City Mall Lot 1-25 • DPulze Shopping Centre Lot G-13 • IOI City Mall Lot LG-8 • The Curve Lot G114 • Atria Shopping Gallery F13
Sunway Putra Mall Lot 1-43 • Ipoh Parade G13B • AEON Station 18 Lot G-21 • Queensbay Mall LG-33A • 1st Avenue Mall L1-03A • Gurney Plaza Lot 1-08/09
AEON Bukit Mertajam Lot G-35 • Sunway Carnival Mall UG-20 Palm Mall UG-6 • AEON Bandaraya Melaka Lot G35 • Dataran Pahlawan Lot G-031, UGF
AEON Tebrau City Lot F33, 1F • Komtar JBCC Lot 130, 1F • East Coast Mall GF 60 The Spring Shopping Mall Lot 103-B • Plaza Merdeka L1 05-06 • Imperial City Mall Lot FF29
Imago Shopping Mall Lot F-10 • Surla Sabah Shopping Mall G-43-44 • 1 Borneo Hypermall 119, GF • Labuan Business Park B005, GF